



## Antenatal classes

We offer a warm, welcoming forum in which to address your concerns about pregnancy, labour, birth and early parenting. Moreover, our antenatal classes provide the opportunity for you to meet other expectant parents in similar circumstances and to have some fun while learning.

We have done away with the long six week evening courses, we found a need to still do the same work load but split it over two Saturdays. You do not have to do both Saturdays, they are run separately – so if you only want birthing classes or only want baby classes – then you can do just one or the other or both.... tailored to your needs.

## Belly to birth classes

This is run usually on the 2nd Saturday of the month (please see dates below)

The times are from 9am – 2 pm

Teacher is Gayle Friedman (a well-respected doula, massage therapist and yoga teacher and owner of Sunshine Health Academy)

The cost is R880 for the morning.

### Class outline:

Gayle will discuss:

- Stages of labour
- Hormones
- How to cope with contractions without medication
- Medication on offer if needed
- Caesars
- Epidurals...and much more

If you are interested you can contact Gayle Friedman on [gaylesuefriedman@gmail.com](mailto:gaylesuefriedman@gmail.com) or 082 958 4801

## Baby and beyond

These are usually run on the 3rd Saturday of the month (please see dates below)

The times are 9am – 2 pm

Teacher is Conny Fraser ( a well-respected clinic sister whose passion lies in babies and baby health and the owner of Baby Grow Clinic )

The cost is R880 for the morning.

### Class Outline

Conny will discuss:

- Care of your body post birth
- Breastfeeding
- Bathing a new-born
- Colic
- Jaundice
- Nappies
- Clinic ....and much more

If you are interested you can contact Conny Fraser on [conny@babygrowclinic.com](mailto:conny@babygrowclinic.com) or 084 298 4464



## What to wear

Practical role-play is a critical part of our antenatal programme. Mums will feel more comfortable in loose fitting clothing preferably leggings or tracksuit pants.

## What to bring

Emphasis is on your comfort. For those of you who suffer from backache you're welcome to bring your own cushion for support. We also strongly recommend that you bring your birthing partner to all classes.

## Dates for courses in 2021

**9 Jan** - Belly to Birth

**16 Jan** - Baby and Beyond

**13 March** - Belly to Birth

**20 March** - Baby and Beyond

**8 May** - Belly to Birth

**15 May** - Baby and Beyond

**10 July** - Belly to Birth

**17 July** - Baby and Beyond

**11 Sep** - Belly to Birth

**18 September** - Baby and Beyond

**13 Nov** - Belly to Birth

**20 Nov** - Baby and Beyond

Please enquire about extra classes as we do sometimes add if we get full.

## Booking

Pre-booking is essential. Space is limited so it's best to plan ahead.

## Testimonials

*"Hi Conny thank for an excellent class. We really learnt tons and look forward to this journey now that we are better equipped. Good luck to everyone". Jade*

*"Thank you so much Conny, it was a great class and we are very happy to have met you and all the couples. I hope to see everyone again. Xxx". Ina*

*"Thank you Conny for sharing your wisdom and knowledge with us, we both found your classes very useful and learnt a lot. We feel way more confident going forward as parents!". Gill*

*"Thank you Conny! The classes were all very helpful and informative. We both really enjoyed the course". Emma*

*"Thanks Conny! The weeks flew by - really enjoyed the classes. Thanks to everyone else also for the good company, and to all those who kept us so nicely fed". Bronwyn*

*"Thanks Conny. We learned alot and feel much better equipped now. And it was awesome it meet the other couples. Good luck everyone". Heleen*

