



In2 the woods

Amori Jordaan

In-person classes held @ Netcare
Linksfeld hospital

Online and private classes available

Pregnancy:

Foetal development overview
The anatomy of the pelvis and uterus
Physical and emotional changes in pregnancy
Exercise and diet
Common ailments and danger signs

Vaginal birth:

Labour signs
Induction of labour
Birth stages
Physical birth overview
Pain relief options
Partner support
Use of a Doula

Caesarean birth:

Spinals and procedures
Pain and mobilisation after birth
Wound care
Bleeding and wound care
What to pack

Life after birth:

Home affairs
2 week check-up

Breastfeeding:

Breastmilk stages
What to expect in first few days
Initiating breastfeeding
Expressing and milk storage
Breast complications and diet
Breastmilk donation

Baby care:

Tests and procedures for baby
Delayed cord clamping
Stem cell collection
Skin to skin
Immunisation
Baby bath and demo
Nappy and umbilical care
Circumcision
What to pack for baby
Baby development/milestones

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