



In2 the woods

Amori Jordaan

6 weeks: 1x week on a Wednesday

18h00- 20h00 @ Netcare Linksfield

Online and private classes available

Module 1 - Pregnancy

Foetal development during pregnancy
The anatomy of the uterus/womb/female
Physical and emotional changes in pregnancy
Exercise and diet
Common ailments and danger signs

Module 2 – Vaginal birth

Labour signs
Induction of labour
Normal birth overview
Pain relief options
Partner support
Use of a Doula

Module 3 - Caesarean birth

Caesarean births
Spinals and procedures
Pain and mobilisation after birth
Stem cell collection
KMC/ Skin to skin

Module 4 - Breastfeeding

Initiating and sustaining breastfeeding
Expressing and milk storage
Breast complications and diet
Breastmilk donation
Hospital bag packing

Module 5 – Baby care

Tests and procedures for baby
Immunisation
Baby bath and demo
Nappy and umbilical care
Circumcision

Module 6 – Life after birth

Baby development/milestones
From the other side- partner perspective
CPR and emergencies
Baby blues
Home affairs
2 week check-up

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