



**Hello and welcome!**

Thank you for choosing us for your antenatal class needs.

We strive to offer an informative antenatal workshop in order to provide you with accurate, up to date and evidence-based information on the most important topics pertaining to pregnancy, childbirth, complications and baby care. Antenatal or childbirth preparation classes helps to prepare parents for the journey that lies ahead. It is focused on equipping you with the knowledge and skills to cope with the challenges that comes with childbirth and parenting.

The content in that will be covered in the class includes:

- Introduction
- Signs of Labour
- Normal Physiological Labour and Birth
- Coping Techniques and Pain Relief
- Your Birth Plan/Wishlist
- Caesarian Section and Assisted Deliveries
- First Days at Home
- Baby Care and Bath Routine
- Breastfeeding (Presented by a Lactation Consultant)

**Cost: R1500.00\* per couple (expectant parents)**

\*Fee includes the antenatal workshop for both parents and lunch. Any additional drinks ordered will be for your own pocket

**NB: Payment to be made at least 2 weeks prior to course date to confirm booking.**

For more information you can contact us on:

<p><b>Sr. Louise Archary (Bumps and Bundles of Joy)</b> 081 033 2526 info@bumpsandbundlesofjoy.co.za</p> <p><b>First National Bank</b> Branch code:255955 Account number: 62566534311 Ref: Client's name. Email proof of payment to</p>	<p><b>Sr. Victoria Black (Protea Nursing Services)</b> 072 756 9746 proteanurse@outlook.com</p> <p><b>Standard Bank</b> Branch Code: 006305 Account Number: 402005902 Ref: Client's name Email proof of payment</p>
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**\*\* For Medical Aid clients claim: An invoice will be issued on completion of the course.**