

Julie
GREATWOOD

REFRESHER

CLASSES

Antenatal, Parenting & Life Coach

Julie

GREATWOOD

Hi,

Thank you for your interest in my refresher classes,

Refresher courses are specifically aimed at parents who are expecting their second or third child

The courses help to empower parents to use previous experiences to have the birth they want, as well, as supporting the smooth transition of all family member to having a new baby in the family

The topics on the course course are built flexibly around the participants.

There is also a refresher plus course that is great for blended families and which combines the refresher course with the Antenatal course if required

Julie

x



Contact me or book a Free 30 for more details
julie.greatwood@gmail.com
(+44) 7884 - 428567

Cookham, Maidenhead, Berkshire



THE REFRESHERS COURSE

WE EXPLORE

- What you all would like to get from the course to prepare you for meeting and looking after your little baby.
- Introducing your new baby into your family and preparing their siblings and yourselves for the transition in your family life.
- Your previous experience of labour and birth and use it to help empower you for the birth of your little one.
- Strategies to make the transition as smooth as it can
- Information on the options available for the place of birth, the birth process, the emotional and physical aspects of labour and coping strategies you can put in place for labour and birth
- The feelings and emotions of members of the family when a new baby is introduced
- The coping strategies of making life easier with another child.
- How to relax and take time for you in your busy world

Contact me or book a Free 30 for more details
julie.greatwood@gmail.com
(+44) 7884 - 428567

Cookham, Maidenhead, Berkshire