

Julie
GREATWOOD



ANTENATAL
COURSES & WORKSHOPS

Antenatal, Parenting and Life Coach

birthmatters 
AT THE START OF FAMILY LIFE

Julie

GREATWOOD

Hi,

Thank you for your interest in my full Antenatal course for new parents, Refreshers Classes for second/ third time Parents, one off workshops and my Intimate One to One Sessions.

My courses are designed flexibly around you, preparing you for meeting and caring for your little baby and really exploring what is important to you.

Each course is different but covers a range of topics (See next pages for details of the Courses)

I deliberately keep my Antenatal and Refresher courses small and intimate and only teach between 4-6 couples Allowing plenty of time to meet and socialize with others on the same journey.

I am passionate about supporting you on your parenting journey so If you have any questions please do get in touch or book a "Free 30'..

Julie

x





FULL ANTENATAL COURSE DETAILS

We explore

- *How to support yourself and your partner through the physical and emotional changes that happen during pregnancy.*
- *The emotional and physical aspects of each stage of your labour journey to the birth of your little one.*
- *The natural things you can do to support yourselves through labour and birth as well as the more pharmaceutical option that may be available.*
- *Relaxation of the body and mind for labour including massage, breathing and other relaxation techniques*
- *The choices open to you during your labour and birth*
- *Techniques to help you communicate with the medical profession and ensure you have all the information you need to make informed decisions*
- *The importance of the environment in labour and how to ensure it is right for you*
- *The early days of parenthood and things to make the transition to your new family smoother*
- *Practical skills of looking after your baby including nappy changing , swaddling , bathing and sleep*
- *Tips and strategies to help you cope in the early days*
- *How you would like to feed your baby and tips and strategies to be successful whether feeding by breast or bottle*
- *Emotional and physical recovery after the birth of your baby*
- *Making friends with other parents on the same journey*

Contact me or book a Free 30 for more details
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(+44) 7884 - 428567

Cookham, Maidenhead, Berkshire



REFRESHER COURSE DETAILS

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 be.
- 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 for details of the REFRESHER PLUS which combines the Refresher with the Full Antenatal Course, especially for couples who need that little bit extra

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ONE TO ONE'S

If you can't make group classes or would prefer a more intimate Antenatal Sessions where you can cover your own personal agenda, at a place or time to suit you, then, a One to One would be the perfect solutions to support you on your journey to meeting and caring for your beautiful baby

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