

Bump To Baby™

Preparing you for the journey ahead through informed choice and balanced, realistic and pragmatic education. This course aims to support you through the final chapter of pregnancy and the journey from bump to baby™

Health and Wellbeing

- The value to your baby of looking after yourself during pregnancy
- Preparing for birth and baby
- Common late pregnancy challenges
- The impact of perinatal education to your birth experience and the start of your parenting journey
- Screening for your baby
- Informed choices



Labour and Birth

- What happens to your body during pregnancy
- Birth environments, what choices are available to you
- What happens during labour: Anatomy and physiology
- Stages and process of labour
- Recognising early labour
- What happens when you get to hospital
- Natural techniques and aids to help you cope
- Relaxation, breathing and massage
- Active birth
- Pain relief (natural and medical, pros and cons)
- How to push
- When labour is not straight forward
- Role of partners/supporters: Being of real value
- What happens after baby is born
- Your body immediately after birth
- Important first decisions you'll need to make for your baby
- Hospital bag
- Staying in hospital with your baby