

Bump To Birth And Beyond™

Preparing you for the journey ahead through informed choice and balanced, realistic and pragmatic education. This course aims to support you through late pregnancy, the birth journey and the first precious days, weeks and months™



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



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

Feeding and Relationship Building

- Taking a closer look at breast milk.
- The role of breast feeding
- Breast development and the power of hormones.
- The magic hour: Birth and instinctive behaviour.
- The importance of skin to skin contact
- Feeding cues and patterns.
- Successful attachment
- Night feeds
- Developing early relationships
- How love shapes a baby's brain. The role of hormones in supporting the mother baby relationship.
- Taught skills vs instinct – bringing the two together.
- Expressing breast milk
- Early days challenges, how to prevent and cope, where to get help
- Later challenges, how to prevent and cope, where to get help
- Preventing and managing common breastfeeding challenges
- Safe guide to formula feeding
- Responsive bottle feeding
- Navigating the formula milk minefield
- Practical bottle feeding
- How to use equipment if it is needed
- The role of baby brain and how to cope for partners
- Plenty of supportive and practical suggestions that work



Beyond

- Looking after yourself and your newborn as a family
- First hours – situations, challenges and practical advice
- First days – situations, challenges and practical advice
- First weeks up to 6 weeks – situations, challenges and practical advice
- Early parenting and lifestyle changes
- Sleeping
- Coping with crying
- Good nutrition for new mothers and babies
- Bathing, winding, swaddling, cord care, handling, soothing, skin care, changing
- Physical and emotional recovery after birth
- Pelvic floor muscles
- Baby kit: What you need and what you can do without
- Recognising when your baby is unwell
- When to call for medical help
- Recognising when mum is not 'FINE' and where to get help
- What new born babies look like, what they can do, sense and see
- Early development
- Checks and assessments for mother and baby
- Babies medical kit