

Babe In Arms™

Preparing you for early parenting through informed choice and balanced, realistic and pragmatic education. This course aims to support you through those first precious days, weeks and month™

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 Breast feeding 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
- 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
- What about routine?
- Partners guide to navigating 'baby brain'