You are preciously pregnant and looking forward to birth your baby.

Would you like to know what to expect?

What if you felt confident & prepared to have a positive birth experience, however it unfolds?

Pregnancy & birth are precious miracles of life.
This time deserves to be enjoyed with Compassion & Love.

Introducing On-line Childbirth Education…The Act of Birth!

Comprehensive & Creative! Interactive to meet your needs.

Navigate your Way…

What's included?

Childbirth Manual + the Journey Notebook + Videos on each topic:

1. Use a holistic approach for Pregnancy and Preparation, as it is not just a medical event.
2. Understand what is happening in your body during Labour & Birth.
3. Know what to expect from Medical Care Systems & Medical Interventions and how to make informed choices around your birth preferences.
4. Be confident to use Coping Skills & Comfort Measures to deal with Labour & Birth.
5. Know what to do for Baby Care & Self Care for the Mother.
6. Adopt the Art of Breastfeeding, and how to make it work for you and your baby.
7. Conclude your Birth Preferences & Plan for Wellness after the birth of your baby.

Work through this content in your own time & pace.
What about the Interactive On-line sessions?

On-line sessions:

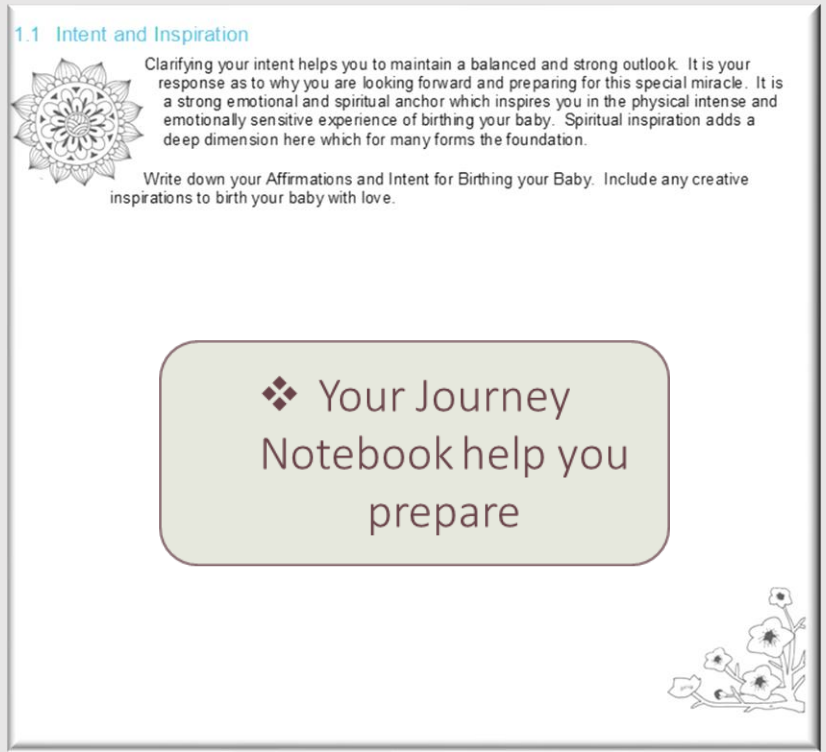
✓You watched the videos
✓You followed the topics in the Manual
✓Completed sections in the Journey Notebook

Objectives check:
- are you comfortable with the content?
- are you confident to make informed decisions?
- are you confident using the skills & techniques?

- Questions are answered
- Case studies discussed with time for more in-depth discussions
- Birth Preferences for different scenarios are discussed.

Most important – meet your needs i.e.
First time parent, Refresher for 2nd baby, VBAC preparation (normal birth after previous c-section)

MARTHIE BEUMER



Childbirth Education

Midwives Exclusive

Price list:

Option A - Joining a Group Class at the scheduled dates:

7 Week Complete Childbirth Education Class
(Incl. 14 hours Interactive On-line sessions for Q&A) **R 1620**

Saturday Birth Preparation Class
(Excl. Babycare & Breastfeeding)
(Incl. 6 hours Interactive On-line sessions for Q&A) **R 1200**

Option B - Personalised at a date and time that suits you:
For First Time parents / VBAC Preparation / Refresher

Birth Preparation Class
(Incl. 2 hours Interactive On-line / Face to Face Q&A Session) **R 1000**

Add Babycare & Breastfeeding to Birth Prep Class **R 250**
(Optional: 1 Hour Interactive On-line / Face to Face Q&A Session) **R 150**

Full Childbirth Education Class
(Birth Prep + Babycare & Breastfeeding Classes)
Comparable to 7 Week Childbirth Education
(Incl. 2 hours Interactive On-line/Face to Face session for Q&A) **R 1250**

Included in each option:
Childbirth Manual Your Journey Notebook Videos on Slide shows

Personalised 1 Hour Consultation
- On-line / Face to Face
- Suitable for Needs Assessment, Debrief and or Birth Preparation **R 400**

Book with Midwives Exclusive Reception :
Tel: 012 329 3865 / 083 283 6999

Costs?

Group Option:

- On-line sessions for Q&A helps to form a community and you learn from each other.
- You have time to work through the content over 7 weeks.
- Or you want to focus the best part of a Saturday only on Birth preparation.

Personalised option:

- This works well if you are not available for the scheduled dates and times for the group options.
- You don't have 7 weeks left anymore, and you want to have a one-on-one session at a date and time that suits you.
- Personalised sessions can be done on-line or face to face at the Birth house.

Midwives Exclusive

2020

Prepared & Nurtured
for Labour, Birth, Baby care
& Breastfeeding

Midwives Exclusive

Antenatal Classes
7 Week Course

Tuesday Evenings
18:00 - 20:00

10 Mar - 21 Apr
12 May - 30 Jun
14 Jul - 25 Aug
08 Sep - 13 Oct
27 Oct - 08 Dec

Workshops on Request*:

Breastfeeding Workshop
Prepared for VBAC Workshop
2 hours

*These workshops are offered on other dates as per request.

Birth Reflection in Small Groups:

Last Friday of every Month, except 18 Sep & 11 Dec

Natural Birth Preparation Class

1 Saturday per Month
09:00 - 15:00

18 Jan
22 Feb
14 Mar
18 Apr
16 May
20 Jun
18 Jul
15 Aug
19 Sep
17 Oct
14 Nov
12 Dec

Kindly book with Reception
012 329 3865 /
083 283 6999

Midwives Exclusive
38 Belrene street,
Rietondale.

Dates?

Any personal on-line sessions can be arranged at a suitable date and time. It therefore allows flexibility in your time, at your pace, and personalised for your needs.

Please note:

Face to Face sessions for the Coping Skills (Breathing, Positions etc) can be arranged per couple during Covid-19 restrictions, but no interactive face to face group sessions until further notice.

Midwives Exclusive

What to do Next?

1. Choose your Option: Group (Check options and dates) OR Personalised ?

Group - Yes? Complete 7 week course? OR Saturday Class – Only Birth preparation?
Please check the dates.

Personalised - Yes? Only Birth preparation? OR Babycare & Breastfeeding OR
Both (Full Course)?
Schedule Date and time for On-line or face to face sessions with me.

2. Book and arrange payment with Midwives Exclusive Reception – Tel 012 – 329 3865 OR 083 283 6999
3. Please email me: marthiebeumer@gmail.com Or call me: 073 147 7499.

I will enrol you in the course and invite you to join the group classes (group option) or we set a date and time for the personalised session.

https://marthiebeumer.com

https://midwives-exclusive.co.za

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