

LINDEN MATERNITY



COURSE OUTLINE

<i>Session 1</i>	Your brilliant body: how our body changes during pregnancy and tips to cope with these changes
<i>Session 2</i>	Understanding our hormones
<i>Session 3</i>	BIRTH: an in-depth look at the stages of a vaginal birth and a caesarean section (planned or emergency)
<i>Session 4</i>	Let's stay together: a toolkit for the partner-to-parent transition
<i>Session 5</i>	Your little human: a paediatrician's guide to your little one (stool, sleep, skin and more!)
<i>Session 6</i>	Practice session for a positive birth (questions and sharing time)

EXTRA RESOURCES

<i>Extra reading</i>	Links to helpful websites or enrichment reading of the topics we discuss in the session will be provided to all participants
<i>Homework</i>	each session will conclude with some “homework” - an exercise to put into practice during the week, or a light-hearted activity
<i>Partner involvement</i>	we would strongly encourage partners to attend sessions 4,5 and 6
<i>Post-partum</i>	Each participant is entitled to 2 post-partum sessions (online or in person depending on where mom lives)

PRICE-LIST

In-person weekly classes - R2600 up front (or contact Dr Linde to make a payment plan)

Online weekly classes - R2300 up front (or contact Dr Linde to make a payment plan)

This price includes access to course content, all 6 scheduled sessions of the programme as well as 2 post-partum check-ins (recommended within 6 weeks post-delivery)

WE LOOK FORWARD TO
WELCOMING YOU INTO OUR
PROGRAMME!



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www.lindenmaternity.co.za