

Mums2be

Gail and I have worked for many years in antenatal education. Over the years we have come to realise that the amount of baby care advice and choice of baby care equipment available has become bigger and bigger - many people are finding the choice and the advice given overwhelming. The Covid-19 pandemic has resulted in many support avenues that parents could access being suspended.



Gail has been delivering Dads2be courses on Zoom since the beginning of the pandemic and Liz's Zoom Baby First Aid workshops have been equally popular. We have decided to pool our experience to deliver a course that focuses on the early days of looking after a newborn baby.

Who is it suitable for?

The course is targeted at pregnant mums. We will use presentations, quizzes and class discussions to make the course interactive and fun. Participants are encouraged to bring a soft toy to the class, a nappy and any baby clothes that they already have so that they can practise practical baby care throughout the course. Many of these items are provided in the baby box. Breakout rooms are used throughout the morning to enable lots of discussion with other mums to be and to help you get to know one another. Participants will be invited to join an optional Whatsapp group to enable the contact with other mums to continue after the course.

What is covered?

The course gives the opportunity for mums to discuss research-based information. The aim of the course is for mums to be confident to use the information to make their own decisions regarding what they feel is the best way for them to parent their baby. Topics covered:

- Baby equipment
- Baby sleep
- Dressing your baby
- Soothing your baby
- How to use a baby sling
- Changing nappies
- Bathing your baby
- Introduction to baby massage

What to expect?

A fun course that gives the opportunity to learn, ask questions and meet other mums.

Time: 9:30am to 1pm, with a 20 minute break half way through

Price: £22