

The Women's **Wellness** Centre

Personally Tailored @Home 1:1 Classes

£100 p/h

Whatever your birthing preference whether it be a water birth, an elective caesarean section or something in the middle all of our courses can be personally tailored individually to you and your needs and taught in the comfort of your own home. Our experienced midwives will bring all teaching equipment with them to your house and provide you with a personally tailored course folder of notes that covers all the topics taught. We are able to offer daytime, evening and weekend slots at a time that suits yourself and your husband.

As all of our at home classes are individually tailored we ask you to please contact our midwives directly to discuss and plan which sessions may suit your needs best.

For 1st time parents who wish to cover the full ante natal course topics (planning natural birth or caesarean section birth) we suggest 2 sessions of 3 hrs each as a general guide.

- **Ante Natal** (x3 hours) can cover any (or all) topics specific to your needs from class 1 & 2 of our full Ante Natal Course or Elective Caesarean Preparation Class.
- **Post Natal** (x3 hours) can cover any (or all) topics specific to your needs from class 3 & 4 of our full Ante Natal Course

Extra classes offered at home:

- 1st Aid Class (x3 hours)
- VBAC (x2 hours)
- Refresher class (x2 hours)
- Postnatal Workshops (all topics x3 hours)
- Baby Massage (x45 min hour per home session)

To discuss booking a personally tailored @ home class please call Samantha or Kristina on 02077514488 or email gaynor@womenswellnesscentre.com