



The Complementary Womb

These topics are 'suggested' as a full course overview, but of course all courses will be individualized to your own pregnancy.

Typically, the full course is run over 12 hours which can be run over x3 4 hour sessions, or x2 6 hour sessions; either in your own home or in private therapy rooms in BS20. If you wish only to choose certain topics, this can be facilitated.

Generally, couples choose to do this course anytime after 28 weeks gestation.

thecomplementarywomb.co.uk

Session One: Taking Care of you and your baby during pregnancy). Place of birth including Homebirth and Waterbirth.

- Your choice of where to have your baby; looking at Midwife Led Units and Central Delivery Suite.
- Homebirth.
- Waterbirth
- What to do if you have concerns re either your own, or baby's well-being.
- Your physiological and psychological wellbeing in pregnancy and for birth and postnatally. .
- Monitoring your baby's movements
- Where to find evidenced based pregnancy info.
- Looking at support for fathers during the pregnancy; meeting other partners

Session Two: The Process of Birth, including Ventouse, Forceps & Caesarean Section and Pain Relief for all options. Induction of Labour. Hypnobirthing. Birth Plans.

- Pain relief options (for all birth situations)
- What is Hypnobirthing?
- The latent phase and coping at home.
- Optimal Fetal Positioning and active birth positions for labour and birth.
- Early labour (latent phase)
- Have my 'waters' gone!
- The second stage of labour (pushing)
- The third stage of labour (afterbirth)
- Perineal massage and caring for your perineum after birth.
- When to call the midwife
- Induction of labour
- Assisted delivery (ventouse, forceps & caesarean section)
- Your birth bag packing list!

Session Three: Meeting your baby & the first few hours. Baby feeding choices.

- Delayed cord clamping
- The 'Golden Hour'
- Skin-to-Skin
- Vitamin K for baby
- Early screening tests for your baby
- Getting ready to bring baby home
- Attachment and bonding
- Thermoregulation (is baby cold/warm/unwell?) in the early days
- Vitamin D requirements for mum and baby

Infant Feeding: breast & artificial

Breast:

- The signs of good attachment
- Feeding cues and feeding patterns
- How do I know my baby is getting enough breast-milk?
- Hand-expressing
- What will I need?
- Local Support Groups



Artificial Feeding:

- Making up feeds
- What equipment do I need
- Bonding and bottle-feeding

Session Four: Early Postnatal care and caring for your newborn baby at home:

- Looking after you!
- Signs of a poorly baby / cot death (SIDS)
- Looking after baby's cord, eyes and mouth.
- What is jaundice?
- Skin care / nappy rash
- Crysis / ICON / Crying patterns: coping strategies!
- Immunisations information
- Who to contact if you feel your baby is unwell.

Dads/partners role ; in pregnancy, birth and postnatally.

- What to expect during the birth
- Your pivotal role as advocate and main care giver during the birth.
- Support groups for dad - 'the real truth' for dads!!!!
- Postnatal groups for parents in the local area.
- Caring for your mental well-being: (mum and dad).
- Your Health Visitor role.

Also included:

- Aromatherapy & Massage – a demonstration of calming massage techniques in labour.
- Individualized mixing of aromatherapy oils for you to keep and use at home and in labour.
- Simple acupuncture techniques to encourage labour & birth.
- Breathing and relaxation techniques
- Completing an individualized birth plan – with your antenatal and medical history in mind.
- Active birth positions overview and practice!

