

Having a Baby?

New Antenatal sessions at the George Eliot Hospital.



- Course A** - Labour, Birth and pain relief options
- Course A2** - An extension of course A (although not essential). Discussing birthing positions, relaxation and waterbirth. A practical session.
- Course B** - All about baby. Bathing, nappy changing, sleeping and post natal recovery.
- Course C** - Breastfeeding.....

All sessions last around 2 hours and are held within a relaxed environment within the Maternity building. Taught by a qualified antenatal teacher.

£12 per class (pregnant woman + birthing partner)

Book 3 classes for £32 (save £4).

Give us a call to book or check the dates on our website!

01455 441036

www.babydolly.co.uk

www.babydollyshop.co.uk