



Rachel's Babies Courses

Parents & Babies Course with Rachel Waddilove

Dates:

To suit your availability.

Duration:

4 hours – normally 11.00am – 3.00pm (but this can be flexible)

Number of Participants:

Maximum 10 adults (babies can attend too!)

Suitable for:

Parents who have recently had a baby – we will cover newborns to 1 year old.
Mums and Dads welcome!

Location:

These take place ideally at a home of one of the participants who organises a group to attend the course. The host participant does not pay the course fee. Alternatively another venue (eg a hotel) can be used but the venue charges will be passed onto the participants.

Course Content includes:

- Feeding your baby
- Breast feeding
- How do you know your baby is still hungry?
- Bottle feeding - formula
- Sleeping
- Swaddling
- Establishing a flexible routine
- How do I settle my baby to sleep?
- Why does my baby cry?
- Starting solid food
- How to get your baby to sleep through the night
- Family life

Course fee:

Rachel's fee - £250 + travel expenses

Travel expenses for London - £100

Travel expenses for other areas – please contact us for a price

Tailor-made courses:

We can offer tailor-made courses to suit particular requirements. Please contact us for more information: Lucy Binns: **01460 30151** or **07831 775 022**.

Email: lucybinns@bigapemedia.com

www.rachelsbabies.com