



Rachel's Babies Courses

Preparing For Your New Baby 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 are expecting a new baby in the near future.

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:

- Needs for the nursery
- What to take to hospital for you and your baby
- Feeding your baby
- Problems with breastfeeding
- Bottle feeding
- Coming home from hospital
- General care of your baby
- Swaddling
- Sleep
- Establishing a flexible routine
- Crying
- How to teach your baby to settle – both during the day and night
- How much sleep your baby needs
- How to get your baby to sleep through the night
- Introducing solid food
- 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