

ANTENATAL COURSE

Pre and Postnatal pregnancy support

A Comprehensive 1 Day Course to equip parents for birth and caring for a newborn



Hosted by
Little Bright Fox Mom & Baby Studio

Our Childbirth Education and Parenting Classes make up a 1-day comprehensive antenatal course which will fully prepare childbearing parents for natural and caesarean birth as well as breastfeeding and caring for a newborn!

This course is presented by **Sr. Linda Britz** (RN; RM; RPN; Lactation Specialist) and assisted by Jennifer Alhadeff (Childbirth Educator in training) in the comfort of Little Bright Fox Mom & Baby Studio.



Linda Britz has been passionately working in the industry for over 35 years as a Registered Nurse and Lactation Specialist, helping parents on their new and exciting journey! Linda presents and teaches this course to help protect, support and promote a good start to your parenthood journey.

Linda is happily married and is a mother to three adult children who are excelling in their chosen fields!





Course details:

- We strongly **encourage partners to attend** the course with you.
- You can earn **2000 discovery points upon completion of this course**, depending on your plan.
- We provide you with a **medical aid statement after the course** so that you may submit your claim. Please check with your medical aid to confirm coverage.
- We also offer an **optional—but highly recommended—Practical Birth Class**, held on the first Tuesday evening after your antenatal course. This hands-on session is designed to bring all your learning together. You and your partner will practice key labour techniques, birth positions, breathwork, acupuncture, and more, leaving you feeling confident, prepared, and empowered for the big day.

What's Included:

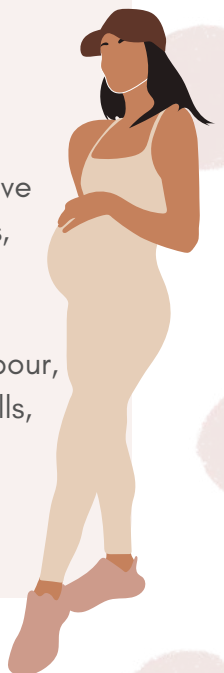
Your course includes everything you need to feel informed, supported, and prepared for the transition into parenthood. This comprehensive offering includes:

- **Expert guidance from experienced facilitators** who will walk you through the entire journey—from pregnancy and birth to newborn care and early feeding.
- A **comprehensive course manual** allowing you to revisit the information at your own pace.
- Our **ultimate hospital packing list**.
- A **detailed pre-course information pack**, sent upon booking. This includes valuable resources such as information on delayed cord clamping, bonding with your “belly baby,” and more.
- **Video resources** that visually demonstrate key skills and concepts covered in the course.
- A **whole lot of resources sent on the WhatsApp group**, providing all the extra tools, reading material, and support you may need to plan for a positive birth and confidently care for your newborn.

Course Introduction

Welcome to our comprehensive Childbirth & Parenting Course. We are delighted to have you with us in our beautiful venue, where you can settle in, enjoy light breakfast snacks, and make yourself comfortable before we begin.

This programme has been thoughtfully designed to support you through pregnancy, labour, birth, and early parenthood with confidence. Our aim is to equip you with practical skills, evidence-based information, and emotional preparation so that you feel informed, supported, and empowered as you approach this exciting new chapter.



Morning Session: Your baby is coming!

MODULE 1: VAGINAL BIRTH - LABOUR & BIRTH SKILLS

In this module, we explore the incredible process of vaginal birth and how to approach it with confidence. How to optimize your body's natural hormonal cocktail to support a positive experience. You'll gain a deeper understanding of the physiology of labour and birth, including the stages of labour, early signs to look out for, and when to go to the hospital. We'll also address the role of fear in childbirth and how overcoming it can benefit both mom and baby.

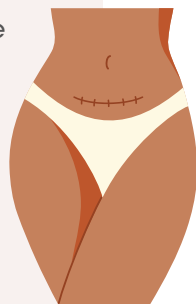


Practical coping techniques such as positioning, acupressure, breathing, and touch will be covered, along with guidance on how your partner can offer meaningful support.

We'll discuss the second stage of labour, including pushing techniques, perineal massage, and the topic of episiotomy. Lastly, we'll guide you through creating a birth wish list, helping you feel prepared while also considering a flexible Plan B if needed.

MODULE 2: CAESAREAN SECTION BIRTH - INTERVENTIONS AND PAIN RELIEF

Here we cover the full range of medical interventions and pain relief options available during labour. You'll learn about induction, epidurals, assisted delivery, and how to make informed decisions should these become necessary. Our aim is to help you understand your choices so you can advocate for the safest and most positive birth experience for you and your baby.



MODULE 3: CAESAREAN SECTION THEATRE BIRTH

This module walks you through what to expect if you need or choose a caesarean birth. We cover the step-by-step process, from procedures to recovery, including how your partner can be involved, what happens in theatre, and what immediate post-birth care looks like. The information provided will help ease anxiety and prepare you for a calm and supported surgical birth.



“It is natural to be scared of the unknown, my fear is natural. I will not let it control me.”



Afternoon Session: Your baby is here!

MODULE 4: THE AMAZING NEWBORN - WHAT TO EXPECT, CARING FOR YOUR NEWBORN AND SLEEP

Welcoming a newborn into the world is an exciting and transformative experience. In this session, we'll help you understand what to expect in those precious first moments and days. We'll discuss newborn appearance, common medical procedures, and typical behaviours, so you feel prepared and reassured. You'll learn about the Apgar score, what it measures, and why it's important. We'll also explore primitive reflexes, their role in early development, and how to recognize different states of consciousness and stimulation in your baby. Key topics such as jaundice, circumcision, and vaccinations will also be covered, giving you the knowledge to make informed decisions and feel confident in caring for your newborn.

MODULE 5: BATHING YOUR NEWBORN (VIDEO PRESENTATION AND DISCUSSION)

Bathing your baby for the first time can feel both exciting and a little daunting, but with the right guidance, it can become a wonderful bonding experience. In this session, we'll share practical baby bath tips and cover the essentials of basic newborn care, including cord care, gentle cleaning of the genitals, face, and delicate skin. We'll also discuss the importance of baby massage in promoting relaxation and development, as well as how freedom of movement supports healthy growth. This hands-on module will help you feel confident in caring for your little one with ease and reassurance.

MODULE 6: BREASTFEEDING 101 - GETTING OFF TO A GOOD START, FEEDING PATTERNS

Breastfeeding is a natural process, but it's also a learned skill for both you and your baby. In this module, we'll guide you through everything you need to know to establish a strong start to your breastfeeding journey. We'll discuss the importance of skin-to-skin contact and "The Golden Hour" after birth, as well as essential breast care and self-care for a comfortable experience. You'll learn how to prepare for feeding, recognize your baby's feeding cues, and ensure a proper latch and positioning for effective nursing. We'll also cover how to identify a good feed, address common concerns, and debunk breastfeeding myths so you feel empowered and confident in nourishing your baby.



“Having a child is like having your heart walk around outside of your body.”



Vaginal Birth - PRACTICAL CLASS

Presented by Sr. LINDA BRITZ, Registered Nurse/ Midwife & Internationally Certified Lactation Specialist, assisted by Jennifer Alhadeff (Childbirth Educator in training).

Held on the first Tuesday evening after your antenatal course, this hands-on class allows you to put all your knowledge into practice. Together we rehearse the practical skills that prepare you for labour and birth, helping you feel confident and ready.

Section 1: Preparation

We begin with practical guidance on setting up your birthing space at home or in hospital, packing your maternity bags, and preparing your environment to support a calm and positive birth.

Section 2: The Role of Your Partner

Birth partners play a key role in supporting the birthing person. We cover practical ways partners can offer emotional, physical, and informational support, helping them feel confident and involved.

Section 3 & 4: Birth Positions & Breathwork

You will learn and practise a variety of labour and birth positions that encourage comfort, progress, and optimal alignment for your baby. These include upright, leaning, supported, and resting positions. This section guides you through effective breathing techniques for each phase of labour. You'll practise breathwork that promotes relaxation, reduces tension, and helps you stay centred and in control.

Section 5: Acupressure

Learn simple, safe acupressure techniques that partners can use to provide comfort and pain relief during labour. These techniques are easy to apply and often highly effective for managing contractions naturally.

Section 6: Labour & Birth Practice Run

We conclude with a full "practice run" of labour—from early labour through to birth—allowing you and your partner to walk through each step using the tools you've learned. This session boosts confidence and helps you feel fully prepared for the real experience.

Separate to the course. Please book your spot so you don't miss out!

R399
p/couple

*Claimable from
medical aid*

5



What do I need to bring?

Bring your pillow and whatever you will need to feel comfortable for the day.

When should I attend an Antenatal course?

We encourage you to attend antenatal classes between 25 and 35 weeks of pregnancy for comfort as it is a long day and to give yourself ample time to prepare for birth and parenthood. These sessions will help you understand the birth process, explore pain relief options (both medicated and unmedicated), and develop a personalized birth plan that aligns with your preferences. You'll also benefit from practical demonstrations, including breathing techniques, acupuncture, and optimal positioning for labour. Beyond birth, the classes provide essential guidance on newborn care and breastfeeding, ensuring you feel confident and well-prepared for the exciting journey ahead.

Do I have to attend the whole course, even if I know I am having a caesarean birth?

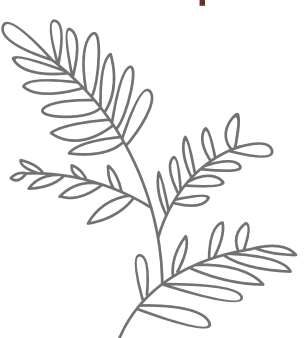
While it is not mandatory to attend the entire course, we highly recommend it to ensure you feel fully prepared for all possible birth outcomes. Each session provides valuable knowledge and skills that can help you navigate your birth experience with confidence. Even if you are planning a Caesarean birth, attending the full course will help you recognize the signs of labour, in case your baby decides to arrive earlier than expected. Our goal is to equip you with the information and support you need, no matter how your birth journey unfolds.



What can I expect at the venue?

- We have heaters/ fans on in studio to ensure comfort.
- We provide teas and coffees, refreshments and light snacks throughout the day.
- Plenty of body breaks to ensure your comfort and allow for bathroom breaks.
- There are 3 amazing restaurants on site for lunch. We will place your order for you and have it delivered to studio in time for the lunch break.
- You are welcome to bring a packed lunch, we do have a microwave and fridge in studio.
- Safe & secure parking available in our beautiful garden venue.

Be prepared, confident and empowered!



HOW DO I BOOK MY SPOT?

1. Complete the enrolment form by selecting the **"book now"** button below.
2. Once your information is received, we will confirm our upcoming course dates with you.
3. An invoice will be sent to you.
4. Once payment has been received, your spot will be secured.
5. Medical aid statements are sent to you upon completion of the course.

Discovery members earn up to 2000 points!



COURSE PRICING:

Full course: R1500 per couple

C-Section Course (Full course excl Vaginal Birth Section): R1125 per couple

Practical Birth Class: R399 per couple

We look forward to meeting you and seeing you in studio soon!

click here

BOOK NOW



Contact us:



Jen: 060 983 2909

Danielle: 076 553 4747



hello@littlebrightfox.co.za



Little Bright Fox Mom & Baby Studio

Unit 7, Greenroots,

1159 John Vorster Road,

Weltevredenpark,

Gauteng,

1709

