

# 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 (International Childbirth Educator in training & mother of two beautiful girls) 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:


- 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 caring for a newborn!
- We strongly encourage partners to attend the course with you.
- Customise your course! We also offer a Practical Vaginal Birth Class, Infant CPR & Choking Crash Course and a group Perineal Massage Workshop, all designed to enhance your birth and parenting journey. Ensure you have all your bases covered and you are prepared as possible.
- 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.

## 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.

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.

Discovery members can earn 2000 points! 

Contact details:



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



# 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: INTERVENTIONS AND PAIN RELIEF FOR LABOUR & CAESAREAN BIRTHS**

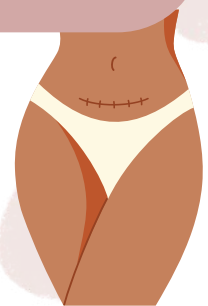
Here we cover the full range of medical interventions and pain relief options available during labour. You'll learn about induction, epidurals, assisted delivery, and how to make informed decisions should these become necessary. Our aim is to help you understand your choices so you can advocate for the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



**Customise your course with value-added services, designed specially to enhance your birth & parenthood journeys.**

*These offerings are presented separately to your Antenatal Course. You must request to add these services to your booking to attend.*

**R499**

**p/couple**

*Claimable from  
medical aid*



## **VAGINAL BIRTH - PRACTICAL CLASS**

*Presented by Sr. LINDA BRITZ, Registered Nurse/ Midwife & Internationally Certified Lactation Specialist, assisted by Jennifer Alhadef (ICCE in training).*

**Held on the first Tuesday evening after your antenatal course from 18:30-21:00**, 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.





## INFANT & CHILD CPR AND CHOKING CRASH COURSE

*Presented by Sr. Marlette Visagie, RN; ABC Baby Care*

**R900**  
p/couple

**Held on the first Thursday following your Antenatal Course, from 18:00-21:00.**

Those first few weeks with a new baby are beautiful... and sometimes a little overwhelming. This focused Infant CPR & Choking Crash Course is designed to give you the essential, life-saving skills you need to feel confident in the early days of babyhood.

This is a special offer exclusively for our Antenatal Course clients, before the birth of their baby. (any age gestation)

This is a mini crash course, created to equip parents and caregivers with the absolute basics to respond quickly and effectively in an emergency involving choking or cardiac arrest.

### **What We Will Cover:**

- \* Infant CPR
- \* How to recognise when baby needs CPR
- \* What to do if your baby is choking
- \* Practical, hands-on guidance and repetition
- \* Confidence-building



Plus a CPR & Choking Keychain with the basic steps printed on it – perfect to attach to your nappy bag!

Each couple will receive a CPR & Choking Keychain Card with the basic steps printed on it – perfect to attach to your nappy bag for quick reference when you need it most.

### **Important to Note:**

This is a shortened crash course focused specifically on CPR and choking.

We WILL NOT be covering broader first aid topics such as fever and temperature management, dehydration, seizures, Allergic reactions, burns, wounds, and other medical emergencies.

For comprehensive knowledge and full emergency preparedness, we strongly encourage you to enroll in our Full Infant & Baby CPR, Choking & First Aid Course, where we cover these additional critical topics in depth.

Spaces are limited to allow for hands-on practice and individual attention.

We look forward to equipping you with confidence and practical skills for the early days of parenthood.





## PERINEAL MASSAGE WORKSHOP

*Presented by Jonti Searl, Sexologist & Perineal Massage Instructor*

R1100  
p/couple

**Held on the first Saturday following your Antenatal Course, from 8:00 to 9:30am.**

Preparing for birth is about more than just packing your hospital bag – it's about preparing your body and your partnership for the incredible journey ahead. Perineal massage is a powerful way to support your body in pregnancy and birth. When practiced during the final weeks of pregnancy, it can help increase the elasticity of the perineal tissue, **reducing the risk of tearing and supporting a smoother recovery after birth.** An intact and well-prepared perineum can have a meaningful impact not only on physical healing, but also on long-term comfort, pleasure, and intimacy.

Many people who search online find instructions that feel clinical, uncomfortable, or even painful – which can make the whole topic feel intimidating. Our workshop offers a completely different approach. In this guided couples session (for pregnancies under 32 weeks), you'll learn how perineal massage can be approached with comfort, connection, and confidence. Rather than something awkward or clinical, we frame it as a practice of communication, trust, and gentle preparation between partners.

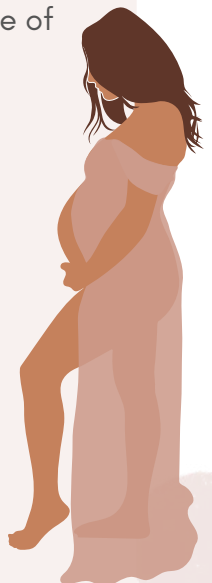
### **During this workshop we will cover:**

- Understanding the anatomy of the perineum and why it matters for birth
- The benefits of perineal massage during pregnancy
- How to approach it comfortably and without pain
- Step-by-step guidance on how to perform the massage
- The recommended schedule and when to start
- How partners can support each other through communication, relaxation, and connection

Learning this in a small group setting with other expecting couples helps remove the awkwardness that many people feel around the topic. It creates a safe, supportive environment where questions are welcomed, and everyone learns together. Being guided by a professional instructor ensures that you are learning the correct technique, understanding your body properly, and approaching the practice in a way that is both safe and effective.

This workshop is about empowering you with knowledge, deepening connection with your partner, and preparing your body for birth in a gentle, respectful way.

***Because birth preparation should support not only the moment of birth – but also your healing, comfort, and relationship afterwards.***



# Have questions?

## What do I need to bring?

Bring your pillow and whatever you will need to feel comfortable for the day. We provide light snacks throughout the day, but you are welcome to bring snacks that you prefer.

## When should I attend an Antenatal course?

We encourage you to attend antenatal classes between 25 and 37 weeks of pregnancy 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, acupressure, 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.

## Course Pricing

**Full course - R2500 per couple**

**Full course excluding labour portion - R2000 per couple**

## How do I book our spots?

- Complete the enrolment form online.
- Once your form is received, we will confirm our upcoming course dates with you.
- An invoice will be sent to you.
- Once your deposit/ payment has been received, your spot will be secured.
- Medical aid statements are sent to you upon completion of the course. (within a week)



**Be prepared, confident and empowered!**

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

