Empowering Birth for ALL Moms

Whether you are having a natural birth or caesar – you need to be educated and informed

Childbirth education makes a difference

Be informed

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Seek information

Empowered Birthing Experience

Change the birth mind set

Forun

Know your options

Childbirth Education Makes a Difference



Find a childbirth educator in your area www.expectantmothersguide.co.za www.pregnancyeducation.co.za

