

Launch Date Invitation

Skin to skin for all moms and babies at birth and beyond

Saturday 3rd March 2018



Skin to skin – the safest, best place for a newborn baby to be from birth for the first 3-4 months

Benefits:

Heart rate stabilises

Healthy Microbiome formation
(gut micro-organisms which lead to a healthy immune system)

Decrease in stress hormones

Bonding

Baby cries less

Baby sleeps better

Baby's immune system is greatly enhanced

Better brain development

Better absorption and digestion of all nutrients

Enhances attachment

Lower risk of postnatal depression

Longer, more successful breastfeeding

Do you want to have a baby that cries less, sleeps better, has better brain development and the solution is free? Come and join us to find out how!

Invitation to the launch of the 2018 National Awareness Week
Killarney Country Club, Johannesburg

Inviting all pregnant moms and dads from the private sector

Booking is essential

To rsvp contact us at babytalk@mweb.co.za or 083 227 6712
or www.expectantmothersguide.co.za
www.facebook.com/ExpectantMothersGuideZA

Join us for a great morning of education and surprises

