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INVITED

Free webinars
on Zoom
7-9pm

Booking essential
www.thoughtfulchild-birth.co.za

JANUARY 2024 WEBINAR

- Friday 12th January – Matrescence and Mental health for mom and family

FEBRUARY 2024 WEBINAR

- Thursday 8th February – Thoughtful Childbirth for Everyone

MARCH 2024 WEBINAR

- Thursday 7th March – Caesars and Vbac info week.
Know the facts!

APRIL 2024 WEBINAR

- Tuesday 16th April – Immunisation – pregnant moms and babies

MAY 2024 WEBINAR

- Thursday 9th May – Striving for a normal birth / informed choices and birth plans

JUNE 2024 WEBINAR

- Saturday 1st June – Skin to skin for all moms and babies at birth and beyond

JULY 2024 WEBINAR

- Thursday 4th July – Grandparents and newborns – the special relationship
- Wednesday 31st July – Breastfeed with confidence

SEPTEMBER 2024 WEBINAR

- Tuesday 3rd September – Breastfeeding special

OCTOBER 2024 WEBINAR

- Friday 4th October – How to look after a sick child

NOVEMBER 2024 WEBINAR

- Thursday 7th November – Prematurity

DECEMBER 2024 WEBINAR

- Tuesday 3rd December – Breastfeeding and back to work

THOUGHTFUL CHILD BIRTH

Monthly Webinars for Pregnant Moms and Dads

