

*Skin-to-Skin
is a journey,
not an event!*

Skin to skin 2026
Launch

Saturday 6th June 2026

9am – 1pm

On Zoom

To book
www.thoughtfulchildbirth.co.za

You are
invited

Free

Do you want to have a baby that cries less, sleeps better, has better brain development and the solution is free? Pregnant moms and dads come and join us for free to find out more!



Join us for a great morning of education and surprises

EXPECTANT
mothers guide

THOUGHTFUL
CHILD BIRTH



SINCE 1963
Elizabeth
Anne's