



Baby Ready Course Outline

Aims: to provide you with the information you need to have a calm and confident transition to parenthood

- Bonding – the power of oxytocin after birth
- What happens in the first few hours after giving birth?
- Relax – a breathing technique and positive affirmations
- What does your baby need?
- Basic baby care – nappy changes, holding your baby, bathing, dressing
- Going home and midwife visits
- Neonatal screening tests
- The umbilical cord
- Infant feeding – choosing your method
- Establish – the hormones involved with breastfeeding and how to stimulate them
- Colostrum
- How to know your baby is getting enough milk – weight, poo, jaundice
- Feeding cues
- Positioning and attachment
- Common breastfeeding issues and how to combat them
- Expressing
- Seeking support
- Formula feeding
- Safe sleep
- Mental health
- Maintaining healthy relationships
- Admin tasks
- Creating a postnatal plan
- Mountain Relaxation Script