

What we offer:

A unique service that has your baby's well-being and developing brain as its primary focus, based on latest findings from neuroscience. Our support aims to enhance your – and your baby's - birth experience, for a good start to life.

We do this by:

Skin-to-skin contact

This makes baby feel SAFE, which stabilizes baby physically and supports emotional / social bonding and attachment.

Brain support

Providing positive sensations for wiring, preventing stress and protecting sleep.

Breastfeeding assistance

Breastmilk is life-saving, and breastfeeding provides all of the sensations needed for best brain wiring for cognitive intelligence.

Support in theatre at Caesarean

Despite the technology, you and your baby can have a "natural" experience.

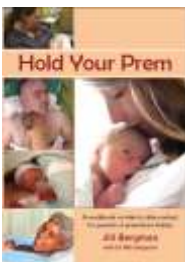
Support to you as parents

Counselling for you will help you cope better, and so to focus on your baby.

Advocacy for your baby, and you

Optimal care needs you to be the centre of the care team for your baby.

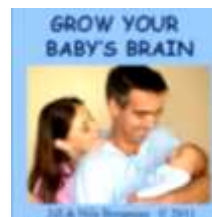
RESOURCES AVAILABLE:



KangaCarrier shirt



HOLD YOUR PREM - the film



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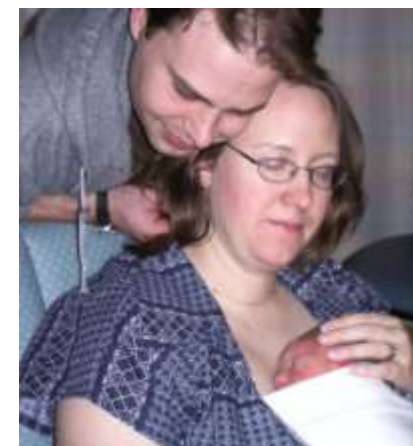
Referral network of:

Lactation consultants

Physiotherapists

... other specialist associates.

**SUPPORT
SERVICE FOR ALL
NEWBORNS
AND THEIR
PARENTS !**



**SKIN-TO-SKIN
CONTACT
Best for BABY !
Best for YOU !**

OUR SUPPORT BRIDGES CARE – from the BIRTH experience to CONFIDENT PARENTING.

1. BEFORE BIRTH:

Being prepared, informed and educated about your choices before birth makes a difference, the first hour of life is very important.

2. LABOUR SUPPORT:

We can be with you during your labour, like the doula. This reduces pain for you, and helps your baby.



3. AT BIRTH:

NORMAL DELIVERY

we offer help with:

- **Immediate Skin to skin contact** (on mum or dad)
- **Encouragement of early breastfeeding & bonding**
- Safe technique for attaching newborn to Mum's chest for co-sleeping
- Sensory supportive environment for newborn
- Technology as needed



4. IF CAESAREAN is needed or planned: we offer help with:

- **Skin to skin on dad in operating theatre**
- **Support in transfer of baby to mum for early self-attachment and bonding.**
- in addition to breastfeeding, safe technique, sensory environment and technology .



5. NATURAL PARENTING:

Getting the start right with early skin-to-skin contact, you will find that the answers to most parenting questions will come from inside yourself.

You don't need any books !

Our support enables you to trust yourself as a parent.

You can learn how to read your baby's tiny stress cues and learn to calm her.



COLLABORATION and TEAMWORK with all categories of staff

We will support the staff in their roles, and work to make all involved into an integrated and "state of the art" care team.



COUNSELLING

Antenatal classes help you to give birth well, but what classes teach you how to be a parent? Adjusting to a tiny baby can be a very challenging time for you. Your baby needs you to face your feelings, so that you can help her thrive. Counselling can help you understand your emotions and cope better.