

## 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.

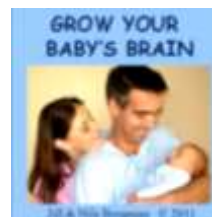
## RESOURCES AVAILABLE:



KangaCarrier shirt



**HOLD YOUR PREM - the film**



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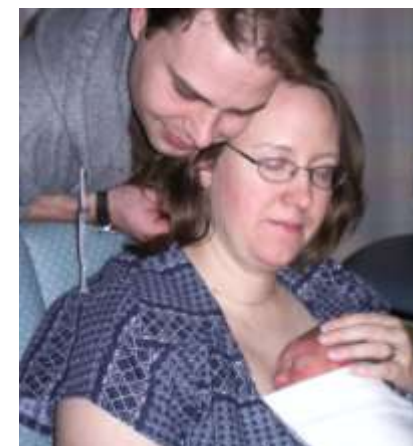
Referral network of:

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.