Boots & Brambles
Antenatal



Frequently Asked Questions

When should I attend the sessions?

It's entirely up to you when you attend the sessions, but we recommend attending in your third trimester so that everything is fresh in your mind when the big day comes!

What do the sessions cover?

Session 1: The end of pregnancy, labour and birth covers;

- Bonding with the baby in pregnancy
- Antenatal physical and mental health
- What to pack in a hospital bag
- Signs of early labour
- Trying to get labour started
- The three stages of labour
- Calling the midwife and coming into hospital
- Natural coping techniques for labour
- Pain relief
- Monitoring the wellbeing of the baby and the mother
- Induction of labour
- Caesarean sections – elective and emergency
- Assisted deliveries
- Mindfulness and breathing

Session 2: The First Hour, The First Day, The First Weeks covers;

- Skin-to-skin
- Clamping the cord
- Delivering the placenta
- Checking for and having stitches
- New born baby checks
- Vitamin K
- The first feed
- How breastfeeding works
- How to breastfeed and express
- How to sterilise bottles
- How to make up bottles
- Recognising feeding cues
- Signs feeding is going well
- When and where to get help
- Bonding with the baby
- Changing a nappy
- Bath time
- Safe sleeping
- Mental health and emotions for parents
- Postnatal physical recovery
- Support

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(continued)

How much does it cost?
The course runs over a weekend and costs £160* per couple for the weekend or £80* for an individual.

What do you mean by all weather?
Here at Boots and Brambles, we follow the philosophy "there is no such thing as bad weather, just bad equipment!", so we will be venturing out in all weathers, throughout the year. We want to make you as comfortable as we can, whilst enjoying the outdoors! We have a large shelter in the woods to keep us dry and tea and snacks will be provided to keep you warm as well! There are only two conditions in which we are unable to venture out for safety reasons and these are high winds and thunderstorms. In these instances, we will be able to use the hall, with social distancing in place.

What about hand washing and toilets?
We have implemented a new "tippy tap" hand washing system and will have hand gel stations in the woods enabling everyone to wash their hands before eating snacks. We have access to an indoor space with toilets and handwashing facilities.

When do the courses run and is there parking?
Our Antenatal courses run on selected weekends throughout March – October. The timings of the course are Day 1: 10am – 3pm, Day 2: 10am – 2.30pm. The Church Centre has a car park area.

Who runs the sessions?
Our sessions are run by an experienced midwife – Katherine who has worked at QMC and in the community for 7 years and Boots and Brambles founder and mum Fran. Our lovely health Visitor Sarah will come and talk about the health visiting service as part of the Postnatal Session as well. There will be time for questions at every session, and an opportunity for a private chat with our midwife Katherine if you would prefer not to discuss something in front of the whole group.

What do I need to bring?
You just need yourselves, dressed appropriately for the weather. We also recommend you bring your pregnancy notes. Depending on the weather you may wish to bring a blanket. Hot drinks and refreshments will be provided but you are welcome to bring food with you to eat during the course.

*Prices as of February 2022 – may be subject to change.