



Childbirth Preparation Course

A new stage of life has started.
To deliver a child is for new parents-to-be a special experience and a very important time and change in life.

This course will help you gain insight and understanding about pregnancy, labor, birth and the postnatal period and covers:

- Normal labor, birth and early postpartum
- Positions for labor and birth, tour of the delivery unit
- Relaxation, breathing exercises and massage techniques to ease pain
- Labor support / involvement of the partner
- Breastfeeding
- Time for questions and discussions in the group

English speaking couples from all nations are welcome!

Application to: Christine Rebstock, Midwife

E-mail: christinerebstock@web.de

Fees: Will mostly be covered for mothers to be by the health insurance. For the partner 20 Euro / evening. (The partner times are on Thursday 3rd of May and Saturday 12^h of May 2018.)

Dates: Tuesday, 17.04.; 24.04. and 08.05.2018 at 19.00 - 21.45 pm
Thursday, 03.05.2018 at 19.00 - 21.45 pm
Saturday, 12.05.2018 at 16.00 – 19.00pm

For the course: Please wear comfortable clothes and socks and bring a towel to sit on as we are in a small gym hall.

Location: Uni-Frauenklinik Tübingen,
Physiotherapy, 9th floor

