



# 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](mailto: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 the 6<sup>th</sup> and 20<sup>th</sup> of April 2017.)

**Dates:** Thursday, 19.00 - 21.45 pm: 23.03.; 30.03.; 06.04.; 13.04.; 20.04. 2017

**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, 9<sup>th</sup> floor

