

The Next Bump Class



PREPARING PARENTS FOR BIRTH AND BEYOND

Having a second or third child? Do you feel like you'd love to do an antenatal class, but you already know a lot? The Next Bump Class was created after many women who loved The Bump Class first time around, wanted something for their second pregnancy. And because you know what you're doing this time, but want the time to be reminded, we've created a class for mothers expecting their next babies.

What will you learn? First time, it's all about survival, knowing what to expect and keeping your baby alive once they're there. Second time around, it's all about adjustment, caring for a newborn baby alongside your older children and nurturing your whole family. We talk about preparing your children for their new sibling, go through your previous births and discuss any issues or anxieties you may have, so that you can make a plan. And then it's all about the juggle - from that all important first meeting, the introduction of your baby to their siblings to how to bath a toddler and a baby.

Our teachers Our team consists of Jo Hooper, midwife and mother of three who is no stranger to the chaos of a big family. Jo is joined by either Dr Fran Smith, a Counselling Psychologist with a passion for helping families navigate adjustment or Emily Duder, a coach whose special interest is helping women navigate motherhood.

The Class Instead of a course, the class is a one off, three hour morning class. Each participant receives a file with notes from the class, a comprehensive list of resources, as well as a group contact list, so you can keep in touch with your fellow mothers when your babies are born.

For more information about prices, availability, dates and location, please have a look at our website or give our team a ring.

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