

COVID-19 UPDATE: BLOOMING BABIES GOES ONLINE!

During this unprecedented time when social contact is being limited due to the Coronavirus, Blooming Babies is committed to keeping you safe and we are now offering online, virtual classes for the following:

- Antenatal Education
- Paediatric First Aid
- Baby Massage (Including Daddy Baby Massage classes)

Aquanatal classes are cancelled until further notice, however, Blooming Babies will create virtual meet ups for each Aquanatal class to enable and encourage virtual interaction as a way to support each other.

More about the classes ...

ANTENATAL EDUCATION CLASSES:

Blooming Babies virtual antenatal courses will cover a range of topics related to labour, childbirth and caring for your baby. Blooming Babies will offer mums (only) virtual antenatal classes as well as couples courses. Individual classes can also be booked.

The mums only course will run over 4 consecutive mornings, Monday to Thursday and last 1 & 1/2 hours - Class 1 - Labour, Class 2 - Managing Labour, Class 3 - Feeding 7 Class 4 - Caring for your baby. Groups will be kept small to allow time for mums to meet & chat to each other. Literature will be sent out to support information covered.

The couples course will run over a 2 week period, on Monday & Tuesday evenings and last 1 & 1/2 hours each - Class 1 - Labour, Class 2 - Managing Labour, Class 3 - Feeding 7 Class 4 - Caring for your baby. Groups will be kept small to allow time for couples to meet & chat to each other. Literature will be sent out to support information covered.

Classes are run by Annie, a registered Midwife of 23 years, providing lots of practical tips & advice. Teaching is supported by props & demonstrations. You'll also get chance to ask questions, and share information with other parents in a friendly, welcoming virtual environment.

PAEDIATRIC FIRST AID:

Blooming Babies virtual Paediatric First Aid course has been divided into two parts. Content of the class is covered in a 1 & 1/2 hour virtual class, then you will be invited to a 30 minute practical session once the restrictions have been lifted. The practical session is not compulsory but strongly recommended, and only available at Nuffield Harrogate, Nuffield Guiseley or Pebbles Nursery in Yeadon. Demonstrations of basic life support & choking will be given by me, as well as a demonstration of the recovery position via a video. You will also be sent a Paediatric First Aid book RRP £5.99 to support information given.

You will learn how to react in a range of emergency and first aid situations. These will include when a baby or child is unresponsive or not breathing, has suffered a head injury, is choking or has swallowed something harmful. How to care for your child during an asthma attack, or having an extreme allergic reaction, drowning or showing symptoms of Meningitis. What to do if your baby or child has a febrile convulsion (Fitting) or suffering from hypothermia. How to carry out first aid for cuts, bleeding, burns & injuries.

BABY MASSAGE:

Blooming Babies virtual baby massage classes/courses will teach you how to harness the soothing, nurturing power of touch. Over this 4 week course you will learn the best ways to massage your baby, including a range of strokes, when to massage, how long to massage for and the benefits of massage for mum/dad & baby. Individual classes will be available too. Massage strokes will be emailed to you following the class.

Baby massage will help you and your baby relax, as it releases hormones known as the "love hormone", which is a fantastic stress reliever, much needed at this time. It helps both you and your baby to sleep. Baby massage provides a real neurological boost to your baby, helping to promote brain development, whilst strengthening the parent/baby bond. Baby Massage is also a great way to relieve common ailments like wind, colic, and constipation and many more.

Groups will be kept small to encourage social interaction between each other in a virtual setting. It's a great way to meet and support each other especially during this uncertain time. Stay connected!

It's absolutely fine to have toddlers with you during the class. If you need to attend to your toddler feel free to leave & re-join at any point.

Any questions please get in touch - yorkshirebloomingbabies@gmail.com

Stay Safe.

Annie

Annie Robinson

Blooming Babies

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The logo for Blooming Babies features the words "Blooming" and "babies" in a black, handwritten-style font. A small green starburst graphic is positioned above the letter 'i' in "Blooming".