

July 25, 2020

Mother, Baby and Me



You may get pregnant numerous times, but each pregnancy is different. Cherish every experience and as your child grows, share to them the highs and lows while they were in your womb. Let them feel how loved they are.

Hello! Welcome to the first online birthing and breastfeeding classes by Mother, Baby and Me. Even though I know most of you didn't quite plan it this way, I hope to help remove some of your anxieties and stress, as we adjust to the better normal. To help you learn and enjoy the classes more, please do follow the list below:

- We encourage that your partner joins in the classes since I believe this pregnancy process is best enjoyed with him. It would also give him a better understanding of what you are going through.
- The class is best viewed from a desktop and or a laptop.
- Please find a space in your home where you can stretch and move around without bumping on anything.
- Be ready, close at hand: a yoga mat or big, thick towel; small towel for your sweat; a long scarf (long enough to tie around your hips); a sturdy chair, a jug full of water; your favorite fruit snacks; exercise ball (if you have any); comfortable pillows; a good-sized doll, and a pen and paper for notes (if you need to write down anything).
- Please sleep early the night before.

I hope to empower you and get you excited again as you continue with your pregnancy journey. Thank you for giving me your trust.

Stay safe. Stay calm. Breathe. See you then!

Dra. Elisa