

## Waterbirth Class



What are the benefits to your labour and birth?  
How does it help Mothers to bond with their babies?

Why is it so fantastic for baby to be born in water?  
When do you get in /out and what happens with the placenta?

Which positions can you give birth in?  
How warm should the water be?

All these questions and more will be answered.  
Classes on Mondays in Taunton 11.30 am to 1pm  
£25.00

with Midwife and Hypnotherapist Eleanor Copp  
[www.relaxedparenting.co.uk](http://www.relaxedparenting.co.uk)

For more details call **01823 350945**  
or email [eleanor@relaxedparenting.co.uk](mailto:eleanor@relaxedparenting.co.uk)