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Midwife - Holistic Birth Preparation
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- **Practising midwife with over 10 years' experience**
- **Present at over 1000 births**
- **KGH Accredited Hypnobirthing Teacher**
- **Hypnobirthing mother**
- **Diploma in Midwifery Complementary Therapies**
- **OCN Qualification in Sleep Training**

My birth preparation courses are holistic, complete antenatal education which will equip you with the knowledge, skills and techniques to help you calmly approach birth with confidence and no fear.

Birth is a life changing event- make it a positive experience with the right preparation.

Learn all about pregnancy, labour, birth and the 4th trimester with an experienced midwife!

DISCLAIMER

This video should not be taken as medical advice. This video offers pregnancy, post-natal health, fitness and lifestyle information for education only. You should not rely on this information as a substitute for or replacement of professional medical advice, diagnosis and treatment.

Visitors who rely on the information contained within it do so entirely at their own risk.
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Always consult a medical practitioner for specific advice tailored to your needs.

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