



Beratungsstelle für Natürliche Geburt und Elternsein e.V.

Pregnancy & Parenting

*Classes and Support for Parents
– Antenatal and Postnatal*



haeberlstrasse-17.de

Childbirth Preparation

Body experience, partner exercises, information on and exchange about phases of labor, the physiological meaning of contractions, pain and fear, breathing and birth positions, the postpartum period, breastfeeding, life with your newborn baby are topics which will be covered in our classes.

Pregnancy Yoga

Yoga postures, breathing techniques, positions for labor and relaxation. The postures are very gentle allowing to attend throughout pregnancy.

Birthlight Mother and Baby Yoga

The classes include baby yoga and massage for overall strengthening and development. Songs and rhymes are coordinated with some of the movements. Postnatal yoga is included for mums and each class finishes with a joint relaxation for parent and baby.

Fenkid® Parenting Classes

Parents take pleasure in the infants' unfolding development and play. They also gain confidence in "reading" the child's needs and fulfilling those needs in a responsive manner. The prepared playing environment encourages babies to be curious, active and explorative. And there is time to discuss current parenting topics.

Individual Consulting Sessions

Crying: when baby is overly fretful or colicky
Sleep: quiet nights through attachment parenting
Breastfeeding and Baby-led-weaning
One-on-one sessions with Vivian Weigert by appointment: Tel. 550 678-0
Cost: € 30 per hour (discount possible)



Gefördert von der
Landeshauptstadt
München
Sozialreferat