

Pre-Natal Preparation

- Breastfeeding or formula?
- Pitfalls of breastfeeding for mummies
- Confinement nanny or confinement food or confinement centre?
- Post natal massage
- Breastfeeding consultant
- GFI
- Baby products
- Photoshoot

Self Care/ Grooming

Post-partum massage, post-partum hostel, lactation specialist, confinement food caterer, hair treatment specialist, sleeping specialist

Post Natal Preparation

Baby schedule chart and sleeping through the night
Preparation for solids – baby-led weaning
Activities with the little bundle of joy
Recognizing cries

Empowering the Next Gen

Child Caregiving Arrangements

Caregivers – Granny, helper, stay home, infant care?
Helper agency

Community for Support

Showering NB and breastfeeding (Latch/ pump)

Life before/ after birth

Sleepless nights?
Little to no social life?
Post natal depression?
Self-love and self-care

Finances

Hands me downs
1 time lump sum expenses
Regular necessities expenses
Risk and education coverage

Everything you need to know to get through your LO's 1st 3 years of life

18 month chart

Everything you need to prepare for: Jaundice, Colic, sleep regression, teething, white noise playlist, STTN, activities, recognising cries

Delivery Day

packing list, labour plan, what to do during your stay at hospital, roles of husband, when to go hospital?

