

What's in Julie Clarke's Calm Mindful Birth and Transition into Parenthood Courses?

JULIE'S COURSE VS HOSPITAL BASED COURSE	TRANSITION INTO PARENTHOOD	HOSPITAL BASED CLASSES
Personalised attention by the educator to each couple	Yes	No
Full explanation of all your options available in any scenario	Yes	No
Ability to ask questions in an open friendly, supportive atmosphere	Yes	No
Comfortable cushions, relaxed, chilled, lounge room atmosphere	Yes	No
Inclusion & effective training of support techniques for partners	Yes	No
Balanced, not skewed info on medical interventions & pain medications	Yes	No
Ideal number of group attendees	4 – 8 couples	10 – 20 couples
New Up-to-date labour preparation information	Extensive coverage	only basic coverage
Smart, Safe and savvy baby care techniques	Extensive coverage	only basic coverage
Modern audio visual equipment and teaching aids	Yes	No
Professionally presented illustrated course notes to take home	Yes	No
Access to comprehensive free lending library of DVDs and books	Yes	Not at all
Best Products for pregnancy & early parenting avail for purchase	Yes	Not at all
Personal Baby Care Support Service avail with Julie, coming to your home, for ease and convenience	Yes	Not at all
Email & telephone support with Julie, 7 days a week	Yes	Not at all