

# Welcome to the world Workshop with Yesika



This workshop will provide mothers & fathers to-be with precious and concise information about the early hours and days of their new baby so you can make care choices from as early as birth. Yesika, will prepare you and your partner to feel confident and ready to take care of your long awaited bundle of joy at home, making this very special time as calm and enjoyable as possible.

#### Course Outline:

- Newborn in hospital- The importance of early contact with parents and how to make this as natural and easier as possible. What tests and vaccinations are offered here in UAE.
- Care of your newborn - skincare, nappy changing, bathing, swaddling, safe sleeping. Breastfeeding - Benefits of breastfeeding, what to expect in your first feeds, positioning and optimum latching, troubleshooting if things are becoming difficult.
- Babywearing - Benefits of babywearing, how can your carrier become your best friend from day one, how to soothe and calm your baby, what is the recommended carrier position.

This course is lead by Yesika Suarez, and experienced mum and child care specialist.

🌿 **Date: Friday & Saturday 17 & 18 May**

🌿 **Time: 9am-11.30am**

🌿 **Investment: AED 495 per couple**

All prices are inclusive of VAT.

Book your place by emailing

[info@bodytreestudio.com](mailto:info@bodytreestudio.com)

+971 2 4434448 [www.bodytreestudio.com](http://www.bodytreestudio.com)

