



# Globebaby Doula

Workshops

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## Workshops

### Exploring Birth

#### **Childbirth Education (Antenatal) workshop**

Covering everything from comfort measures to newborn care, this antenatal class is extremely extensive and inclusive. The aim of this workshop is for you to walk into your birth confident in yourself, your body, and your baby. We leave no stone unturned in this workshop.

#### **Course Outline:**

- ✓ Birth; The Body & Mind
- ✓ Stages/ Phases, Breathing/ Relaxation
- ✓ Birth, Body Confidence, Navigating the System
- ✓ Medical Interventions, Birth & Postpartum Planning
- ✓ Feeding, Newborn Care & Postpartum Recovery

The course can either be done over 5 weeks, or as a weekend “express” course - usually be done on Saturday and Sunday from 10am to 5 pm (with breaks).

#### **Pricing:**

4-week group virtual - €250

Express weekend group virtual - €300

4-part private virtual - €300

Express weekend private virtual - €350

4-part private in-person - €320+

Express private in-person - €370+

4-part group in-person - €280+

Express group in-person - €330+

*\* Payment plans and discounts available for teens and lower income people/ families*

*\* Additional fees for travelling outside of a 30km radius.*

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## Exploring Breastfeeding

### Antenatal Breastfeeding Workshop

This breastfeeding workshop aims to gear you with all the knowledge you need going into your breastfeeding journey. You will learn all about positioning, latching, common concerns and barriers and how to overcome them, plus much more. By the end of this workshop you will know exactly what to expect and where to look for support should you need it postnatally.

#### Course Outline:

- ✓ Impacts & Importance of Breastfeeding
- ✓ Birth Practices and Their Effects
- ✓ Skin to Skin
- ✓ Latching & Positioning
- ✓ Is baby getting enough?
- ✓ Managing Breastfeeding
- ✓ Is baby getting enough overall?
- ✓ Barriers to demand feeding
- ✓ Common Concerns
- ✓ Support Systems
- ✓ Nutrition & Breastfeeding
- ✓ Safe Sleep Guidelines
- ✓ Q&A

This is a 3-hour workshop which can be done in groups or privately, in-person or virtually. Watch out for our group Exploring Breastfeeding Workshops. Dates can be found on my Instagram account @globebabydoula or on my website [globebabydoula.com](http://globebabydoula.com)

#### Pricing:

Private virtual - €100

Private in-person - €150+

Group Virtual - €60

Group in-person - €100+

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## Partners & Breastfeeding

This 1-hour breastfeeding workshop is aimed at partners of breastfeeding parents.

Support is one of the most important factors contributing to a successful breastfeeding journey. Knowing what you can do to help and support your partner, along with knowing positions, what a good latch looks like and when your partner might need some additional support will go a long, long way. A family can never be over prepared for a breastfeeding journey and a breastfeeding parent can never have too much support.

### Pricing:

Private in-person €50+  
Private virtual €37.50

Group online - €25  
Group in-person - €45+

## The Breastfeeding Circle

This 1-hour workshop is for anyone that wants to know and learn more about breastfeeding - whether you have an expectant parent in your life, you are planning to have a family in the future, or you would just like to know more “in case” a friend or family member may need your support in the future.

In this workshop, you will learn all about breastfeeding, the common concerns and barriers and how to support someone through these times, and much more.

### Pricing:

Private in-person €50+  
Private virtual €37.50

Group Virtual - €25  
Group in-person €45+

*\* Additional fees for travelling outside of a 30km radius.*