

Course

BODY & BABY



Would you like to be active during your pregnancy and not miss any information? Then this course is for you! Together with a maximum of 9 expectant mothers, you will receive 1 hour of training aimed at the right muscle groups, with an individually tailored training schedule, to be fit for your delivery and to recover faster after the birth. There is also time for relaxation and breathing techniques. You will be guided by a specialized physiotherapist. In addition, you will receive information from the physiotherapist, the lactation consultant, the baby carrying consultant and the midwife on all kinds of topics related to pregnancy, birth and your child.

WHERE?

SGE Meerhoven
Meerwater 27, Eindhoven.

WITH OR WITHOUT A PARTNER?

Your partner is welcome at all information evenings from 8.30 pm onwards, except for lesson 6.

WHEN?

Ten times on Monday evenings
from 7.30 pm to 9.30 pm.

REGISTER:

Go to www.sge.nl/cursus



BODY & BABY

Being active during your pregnancy!

COURSE CONTENT

Intake:	Individual with physiotherapist
Lesson 1:	Fitness + explanation of changes in the body, posture and pelvic floor
Lesson 2:	Fitness + feeding a child, both breastfeeding and bottle feeding
Lesson 3:	Fitness + dilation
Lesson 4:	Fitness + birth
Lesson 5:	Fitness
Lesson 6:	Fitness + coaching conversation about parenting changes
Lesson 7:	Fitness + info from midwife: midwifery tasks, when to call for treatment and handling of pain
Lesson 8:	Fitness + maternity care and breastfeeding practice evening
Lesson 9:	Fitness + introduction to carrying your child
Lesson 10:	Fitness + attention to sports and training of the pelvic floor after delivery

WHEN TO PARTICIPATE?

The best period to start the course is from 20 weeks, the last moment to start is from 27 weeks. If you want to continue exercising after the class, you can do so for 9 euros per lesson, the time can then change to 8.30 pm to 9.30 pm.

COST?

For 10x training and all the information you need, you pay 190 euros. You can check with your health care insurance whether you will be reimbursed. Through a physical therapy intake (which is reimbursed if you have supplementary insurance for physical therapy, otherwise the costs are 35 euros), an assessment will be made as to whether the course can be started and a program will be made.

MORE INFORMATION?

Have a look at www.sge.nl/cursus

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