

# Janet's e-Journal



## Week by week guidance through the amazing journey into parenthood

Create an extraordinary pregnancy and birth with this unique distance learning resource. Having a baby can and should be one of the best experiences of your life. Empower yourself with on-line birth education that really works! You will receive the benefit of Janet's inspirational teaching in your own home every 2 weeks from 13 weeks of pregnancy until your baby is 6 months old. The information you need (and you may not have thought of) will arrive at just the right time for the month of pregnancy or parenting you are in. Janet's e-journal gives you much more information than a book and saves you the trouble of finding it. Designed especially to make the most of your pregnancy and to help your awareness and confidence grow along with your baby!

## Here are some of the topics included in the journal:

- Active birth
- Water birth
- How your baby develops
- Feelings and emotions at each stage of pregnancy
- How to keep fit and healthy
- Massage and breathing awareness
- Janet's pregnancy yoga and postnatal exercises
- Getting confident and relaxed for your labour and birth
- What to do if you are overdue
- Options for coping with pain... and much more

After your baby is born, you will learn how to continue the Active Birth approach into a natural style of parenting, which builds your bond with your baby and optimizes healthy development.

## Topics include:

- *Attachment parenting - what does it mean?*
- *Feeding your baby - breast or bottle?*
- *Your baby's development*
- *Ideas for play and stimulation*
- *Sleep and night time parenting*
- *Baby massage and movement*
- *How weaning happens*
- *Using complementary therapies*
- *Working and mothering... and much more*

## What people say about Janet's e journal

*"As if by magic - exactly what I needed arrived just in time - I can't thank you enough!"*

*"Your newsletter gave us so much more than we expected and didn't get anywhere else."*

*"Brilliant stuff - just the right balance between reading and doing."*

*"Thanks to you we had a truly Active Birth. An experience we will never forget"*

*"I had no idea how hard being a parent would be - your newsletter gave me some great ideas"*

*"I love your approach - it gives me the support I need to trust my instincts "*

*"Watching our baby's development unfold and knowing how to stimulate him in the right way at the right time really gives us confidence"*

*"As a new dad I appreciated your guidance about how to get involved. I'm a real 'hands on' father now and I love it!"*



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