

PURE PAIN & PARTNER COURSE

THE (MENTAL) BIRTH PREPARATION COURSE

Some more information....

Why would you take a childbirth course?

The only question you should ask yourself is: What do I know about giving birth?

You can also ask your partner this question. Because what does your partner know about giving birth?

As a midwife, midwifery coach, trainer, I frequently ask myself the same question. These are my answers.

Childbirth is a major life event in which the birthing woman and her partner will be challenged physically, emotionally, and mentally.

Preparation, including knowing what will happen in the body and how couples can relate to this life event together, can be very helpful!

It is also true that, as an experienced midwife and expert by experience, I know a lot, but not everything, about the midwifery profession and yet I also follow education. I weave everything I learn into my work, pass it on during the childbirth course, and use it in guiding a birth. And every course I give or delivery I supervise, I also learn from the couples. This is how I developed as a midwife, as a trainer, and as a person.

May I encourage you and your partner to follow my example and to take the preparation for childbirth seriously? In any case, I'll take you seriously.

If you and your partner want realistic preparation for childbirth, you are more than welcome. Good to know that this can be done both in a group and privately.

Pure Pain and Partner is the coaching birthing course that highlights your mindset and that of your partner and provides a positive boost and tools to live even more as a unit towards childbirth.

What is special and distinctive about this preparation is that the emphasis is not exclusively on physical well-being, but also on mental and emotional well-being. A woman is so much more than just a body.

This course is extremely suitable as preparation for your first birth, regardless of whether you are dealing with uncertainty, self-doubt, or fear. It is also useful if you have already experienced a previous birth that was more or less a bad experience.

for more information www.mea-coaching.nl

21 ST
OF
JUNE

SET-UP

- It's meant voor every pregnant woman and her (birth) partner
- The course takes 3 ½ hours in a group or 2 ½ hours individual
- Costs are 160 euros for a group meeting and 250 euros for an individual course (for 2 person)
- Afterwards you get unique material to prepare further at home
- Coffee and tea included
- Location at the practice of Mundo Scheveningseweg 72
- Sign in by sending an email to info@wilmasmits.nl



WILMA SMITS

I'm a passionate midwife since 2006. I guided a lot of women and their partners through the process of giving birth. Giving birth is very intense, but it can be a good experience. I wish everybody that good experience. Since 2022 I give Pure Pain and Partner courses. I think this is the kind of preparation that matches reality best. You can also meet me at the practice during an ultrasound appointment, since I also work as an ultrasonographer at Mundo