

Childbirth preparation course for non-german speaking parents-to-be

* insurance covered *

what awaits you:

- birth preparation methods in pregnancy
- complications in third trimester
- when to go to the hospital / understanding birth stages
- birth plans / patients' rights
- natural birth & how to support it
- birthing positions, breathing & natural pain relief
- painkillers & their pro's & con's
- C-section & instrument assisted birth
- bonding & colostrum
- breastfeeding basics
- postpartum hygiene & recovery

12.07.2026 • 10:30am - 5:00pm

Gudrunstr. 9 44791 Bochum

partner-fee via deposit 100€ (most insurances cover this fee)

info & registration: hebamme-nuriagallo@proton.me

That's me *Nuria*
*certified independent midwife
hospital-trained
prenatal/homebirth/postpartum care*

