



# *Jacqui Nancey*

London's Breastfeeding  
& Newborn Parenting Course

# Jacqui Nancey Newborns

*Makes life with a newborn Easy*

Our aim:

- To relieve parental stress
- To resolve your breastfeeding queries
- To look after the mother and her baby
- To benefit from our weekly midwifery support
- To empower First-time parents with confidence
- To relieve the loneliness mothers experience at home
- To equip the Father's with confidence in handling newborns
- To ensure your Nanny can safely look after your newborn baby

Very often, a mother with a newborn baby will blame herself or feel guilty when she struggles with breastfeeding, when her baby is restless in between feeds, cries a lot despite being demand fed, has poor weight gain, when motherhood feels like an endless chore and there seems no end to the exhausting sleepless nights!

## We can Help!

Our privately run Newborn parenting course provides Breastfeeding skills and non-conflicting Parenting advice that actually works for Mums and Dads with a newborn baby.

We make life easy for you by eliminating the stress and frustration that would normally accompany the first 12 weeks of coping with a new baby on your own.

Why struggle  
on your own?



## What is unique about Jacqui Nancey

**Jacqui Nancey Newborns is the only place in London where parents can get good practical advice on care-of-their newborn baby and consistent breastfeeding support**

Founder, Jacqui Nancey is a UK qualified Midwife and has over 20 years experience as a former live-in Maternity Nurse. Jacqui has worked with families all over the world and has an impressive track record in her work with newborns. Together with Prossy Nsubuga and a team of other experienced baby professionals, we offer you non-conflicting professional advice, parent-friendly support and the Best baby care tips to understanding your baby's needs and cries on a weekly basis. We also limit our class numbers to ensure your comfort and relaxation at each session.

### Mums and Dads who have done the course say.....

- *They develop a network of friends and support from the group*
- *They can get their babies sleeping longer at night (subject to feeding patterns)*
- *Jacqui's breast-feeding technique is soothing and refreshingly easy*
- *Fathers enjoy looking after their new baby without feeling overwhelmed*

## Course Offerings

We provide a complete range of services to suit your budget.

Each course duration is for (3) weeks with a session of 90 minutes every week.

- STANDARD COURSE
- PLATINUM CONSULTATIONS
- PREMIER PLATINUM
- BABY ANGEL COURSE
- Super Daddy Time
- Emergency Infant First-Aid Skills
- Baby Blessing (free)
- Blooming Babe Links



# Standard Course Benefits:

## Session 1

### Meeting the individual needs of a new Mum and Dad

- Overcoming the struggles of the early weeks
- Meeting the physical and emotional needs of a new Mother and Father
- Managing post-natal pain or discomfort
- Foods that enhance breast milk production
- Understanding the needs of your baby
- Winding and colic relief
- Money saving tips – our practical baby kit list

## Session 2

### Breast-feeding demonstration class

- Interpreting your baby's crying and behaviour
- Breastfeeding confidence & skills
- Avoiding & resolving breast engorgement, mastitis, nipple soreness & low milk supply
- Immediate relief for breastfeeding issues
- Expressing & milk storage
- Father's involvement

## Session 3

### Life with a newborn made easy

- Establishing a flexible & effective feeding and sleeping pattern
- Managing your emotions / Post-natal depression
- Bottle feeding tips and hygiene
- Sleeping through the night
- Bathing & swaddling
- Maternal well-being
- Baby massage



## SPECIAL OFFER:

Only £50.00 per Adult / 90mins session  
(Normally £150.00 per session)  
**BABIES** come for **FREE**

### Fees

- £50 Registration (Registration includes session 1 free)
- £20 per adult for each of the remaining sessions
- Sessions are conducted once a week and last for 90 minutes!
- For your comfort and relaxation, class numbers are limited and booked on a first-come-first-served basis

### PLATINUM CONSULTATIONS

The Platinum Consultations are a more bespoke service offering each Mum, Dad and their baby more time and attention as an individual family. The course has all the benefits of the standard course. However it is tailored to meet the individual needs and queries of no more than 4-6 parents at any given time, so that you benefit from a much smaller and private group setting.

### Fees & Advantages

- £250 per family for each weekly consultation
- The personal needs of each Mother or Father can be addressed
- A great way of learning and benefiting from each family's experience (non-confidential information only)
- Weekly follow-up by phone or email whenever you contact us for the entire duration of your booking period



## PREMIER PLATINUM

The ultimate bespoke service of Private One-to-One Consultations conducted in the privacy of your own home.

You will also enjoy having regular consultations by phone or email until your baby is six (6) months old and weaned!

### Fees & Advantages

- **Fees** (*upon request*)
- **Private mobile contact**  
Direct access to Jacqui or her team to help out with your specific query on a day by day basis
- **Home visits:**  
Weekly home visits to your home and regular phone or email follow-up every time you contact us (10am-5pm)
- **Client specific feeding patterns and extended follow-up**  
A great way to avoid the pitfalls of weaning struggles or teething discomfort when their baby is older

## OTHER ESSENTIAL SERVICES

### Super Daddy Time

Father's only Saturday Newborn class

- £50 per session
- Lasts 2 hours per session
- Please bring along your newborn baby

### Emergency skills

### Baby Blessing

### Blooming Babe Antenatal classes



## BABYANGEL COURSE FOR NANNIES

Are you a Nanny in need of a career change or want to work abroad?

Did you know that an exceptionally good and hardworking Baby Angel can expect to earn a starting salary of atleast £500-£600 per week as a live-in Maternity Nurse (*Sundays as a day-off*)...

Parents are you looking for a Newborn trained Nanny?

Why not check out our unique Jacqui Nancey Maternity Nurse training course for your nanny or Au-pair to qualify as our specially trained Baby Angel?

**This course runs for 12 consecutive weeks with attendance only twice a week.**

### Fees & Advantages

- £250 Registration fee
- £250 Two sessions (twice) a week
- (3) three consecutive months course duration
- Breast feeding support and dietary advice for nursing

mothers

- Newborn baby care, hygiene and handling
- Maternal well being and family dynamics
- Baby wind and evening colic relief
- Bottle feeding advice
- Sleep training



**Please note:** From week 5 – 10 of training, students will be required to spend two (2) consecutive days and nights at a client's home on full-time placement.

Dear Parents,

PLEASE NOTE THAT WE DO NOT DEAL WITH ANY MEDICAL PROBLEMS.

Our goal is to support you with problem-free Breastfeeding skills and ongoing parental support throughout your baby's first twelve (0-12) weeks after birth.

## Contact Details

Why not contact us now or visit our website for further information

Jacqui Nancey Newborns

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