

## COURSE CONTENT

- Pregnancy
- IVF
- Life in the Womb
- Birth & Post Birth
- Breast Composition
- Cosmetic Surgery
- First Days
- Reflex Actions
- Colostrums
- Lactation
- Breast Milk
- Benefits for the Infant
- Immune Health
- Intelligence
- Respiratory Infections
- Benefits for Mothers
- Benefits for Babies
- Organisational Endorsements
- Infant Weight Gain
- World Health Organisation
- Exclusive Breastfeeding
- Latching, Feeding, Positioning
- Expressing
- Mixed Feeding
- Tandem Breastfeeding
- Extended Breastfeeding
- Shared Breastfeeding
- Time at the Breast
- Positioning
- Engorgement
- Sore Nipples
- Nipple Discharge
- Encouraging let-down
- Length of Feed
- Feeding
- Problems at the Breast
- Breast Pain: Blocked Ducts
- Mastitis (Breast Infection)
- Breast Abscess, Breast Lumps

- Leaking Milk/Overabundant Milk
- Lopsided Breasts
- Concerns About The Baby
- Coping Measures For Fussiness
- Getting Enough Milk
- Underfeeding Treatment Measures
- Recurrent blocked ducts and Breast Infections
- Overabundant Milk
- Nutrition
- Weaning
- A History
- Sociological Factors
- Your Role

### Course Dates & Times

Available through the Training Centre

*Lunch & light refreshments are included; all course materials are provided*

COST £160

### Other One-day Level III 4 credits

(on line option available) Courses

|                |      |
|----------------|------|
| Routine        | £160 |
| Multiples      | £160 |
| Sleep Training | £160 |

### Level 4 10 credits

Postnatal Depression £220

### Level 3 9 credits

Nanny Course 5 days (to suit) £790  
including accreditation, meals, tutorials,  
accreditation & work placements & course  
manual

### 2 -Day PNC Course (Maternity Nursing)

## 12 credits, level 3

An intense accredited 2-day diploma course, with coursework and study, incorporating all aspects of mother & newborn baby care. The course is designed to educate PNC's in the principles and practicalities of support and guidance in the family home environment.

*All our courses offer payment by instalments options*

### Directions

Amersham is situated in Outer London and is easily commutable

### By Tube

Metropolitan Line from Baker Street to Amersham, takes approximately 45 minutes (check weekend timings)

### By Train

Overland from Marylebone Station, approximately 35/40 minutes

### By Road

Check with AA Route planner website for door-to-door instructions

Parking is available on site

The Training Centre is approximately a 15 minute walk from Amersham station

A short taxi ride costs around £3

*One to one tuition is available. For further information, telephone the Training Centre on 01494 431720*

Please read the terms & conditions fully:

The total cost of the course is £160 and full payment is required, which is non-refundable, along with the completed booking form

In the event of a student being unable to attend a course or complete a course no refunds will be available but a place on a later course will be offered

Course fees include tuition, certification fees and refreshments at break times. All other costs such as travel and accommodation, where needed, are payable by the student.

It is the student's responsibility to ensure that the course is suitable for their requirements. **NEST** is happy to offer advice but accept no liability in the event that the content of the course does not meet individual requirements

In extreme circumstances it may be necessary for **NEST** to reschedule or cancel a course. If the reschedule dates are not convenient to you, **NEST**'s liability will be limited to a refund of the course paid.

**NEST** reserve the right to alter the advertised course venue and trainers

**NEST** reserve the right to decline applications

All intellectual property rights, including copyright, patents, design rights and know-how relating to the course or course materials provided or made available in connection with the Course remain the sole property of **NEST**  
No copies of Course materials provided or

any usage of or the reference to **NEST**'s name may be made unless it has been agreed in writing by **NEST**

All students are required to observe and abide by all policies regarding health and safety, security, student conduct and any other regulations as set out by **NEST**

The Course content has been carefully researched and is believed by **NEST** to be up-to-date and factually correct. Students are welcome to discuss with **NEST** any information or advice received from elsewhere of a conflicting nature is they wish to do so

The information on the completed booking form is intended to form a complete statement of the agreement between the course applicant and **NEST** discussions, correspondence, documentations or representations prior to the submission of the completed booking form are deemed not to affect the contractual position of the parties unless otherwise expressly agreed in writing.

## **N**ewborn **E**ducation **S**ervices & **T**raining

The **NEST** course

## **BREAST FEEDING**

**The Training Centre  
36 Woodfield Park  
Amersham, Bucks  
HP6 5QH**

**(outer London)**

**01494 431720  
07811 862930**

[www.newborneducation.co.uk](http://www.newborneducation.co.uk)  
[enquiries@newborneducation.co.uk](mailto:enquiries@newborneducation.co.uk)  
[newborneducation@live.co.uk](mailto:newborneducation@live.co.uk)



BOOKING FORM

COURSE NAME: \_\_\_\_\_

Please indicate Preferred Course Month 2010    March, April, May, June, July, August, Sept, Oct, Nov, Dec

Name \_\_\_\_\_ (Miss/Ms/Mr/s) \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_ Date of Birth \_\_\_\_\_

Contact Telephone Numbers \_\_\_\_\_ / \_\_\_\_\_

Email Address \_\_\_\_\_

Special Dietary Requirements \_\_\_\_\_

*Please enclose a recent c.v. & Passport size photograph*

Cheques should be made payable to **K. Cranston-Stephens (NEST)** & returned to the address above

Signed \_\_\_\_\_ Date \_\_\_\_\_