

*'Working in a Small group makes a huge difference; a really professional course, both stimulating and exhausting!'*  
Caroline Evans, PNC Practitioner

#### COURSE CONTENT

The 'Whole Role' Of The Postnatal Carer(PNC) / non-medical Maternity Nurse; expectations; care of the newborn - first days; the latest research; breast feeding & formula feeding; PND; hygiene; sleep; routine; keeping records; sickness: colic & reflux, SIDS; the role of the midwife, Health Visitor & G.P.; care of the 'new' mum': health & diet; communication; support; recognising Postnatal Depression; special areas of care; building a portfolio; the law, CPA; assignments; work experience register; agencies

#### COURSE TIMES

- Saturday 9.30 am to 5.30 pm; including lunch & light refreshments
- Sunday 10 am to 4 pm; lunch & refreshments provided

#### DIRECTIONS

- Non-residential Courses are held in Victoria, approximately 5 minutes from London Victoria Station
- Residential Nanny Courses are held near Cheltenham, Glos.

#### ACCOMMODATION

- Is separate and not included apart from the N E S T Nanny Residential Course

#### REFRESHMENTS

- Lunch & light refreshments are included and served throughout the day

#### PNC TRAINING COURSE COSTS

- £460 inclusive of all course materials & tutorial support
- A £60 non-refundable deposit is required with each completed booking form (see terms & conditions below). *Cheques should be made payable to N E S T (SEE BOOKING FORM FOR DETAILS)* the balance payable at least 7 working days prior to the course unless otherwise stated or agreed
- The total cost of each course is inclusive of all course materials, ongoing tutorship, lunch & light refreshments; accommodation is optional and separate (with the exception of the Nanny Course which is all inclusive)

#### TERMS & CONDITIONS

- Course places are limited & cannot always be guaranteed, confirmation of attendance a.s.a.p. will avoid disappointment
- Students who have paid in full for the course and cannot attend will be offered one alternative course date
- N E S T lecturers and speakers accepts no liability in the event that the content of the course does not meet individual requirements
- N E S T reserve the right to alter the advertised course, venue and teaching staff & reserve the right to decline applications
- N E S T reserve the right to cancel or re-schedule a course
- Successful completion of the course in no way guarantees employment
- Current materials used on the course have been well researched. Should any student wish to discuss information of a conflicting nature, an appointment to do so may be made
- Course material may not be copied or used without prior written permission of the company
- N E S T does not accept liability for any loss or damage of property during the extent of this course, before or after. *It is the responsibility of the student to take care of all personal belongings & possessions*

#### TRAINING COURSE INFORMATION

- 6-weeks to produce coursework (no exams)
- All N E S T training courses are presented by accredited professionals
- Courses and lectures regularly include expert guest speakers
- Courses are available through our London training centre or at other venues by arrangement with external bodies or organisations
- Certificates & Diplomas will only be awarded on successful completion of all course work
- All assignments are submitted to three Assessors – course tutor, internal verifier and external moderator; late work will be subject to an automatic fail unless a request is submitted for discussion by a panel. *The decisions of the panel are final and no further correspondence will be entered into once agreement has been reached and the student notified.*

## OTHER COURSES AVAILABLE THROUGH NEST

### BREAST FEEDING COURSE CONTENT (Level 3, 4 credits)

Your role, understanding breastfeeding, pregnancy, IVF, birth & post birth experiences'  
breast composition cosmetic surgery first days reflex actions colostrums lactation benefits  
immune health intelligence respiratory infections benefits organisational endorsements  
infant weight gain WHO 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 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 breast infections overabundant milk nutrition weaning  
history sociological factors.

### MULTIPLES COURSE CONTENT (Level 3, 4 credits)

the impact on the birth order group dynamic equality of care special bond types of  
multiples conception dizygotic twins monozygotic twins stereotypes detecting twins  
observing babies the family dynamic establishing a successful feeding routine how to support a  
breastfeeding mother sleeping feeding positioning attachment expressing sterilisation &  
hygiene nutrition

### SLEEP TRAINING COURSE CONTENT (Level 3, 4 credits)

The role of the Sleep Training Professional The importance of Sleep for babies & young children  
REM content of sleep, sleep patterns *Sleep as an important component of the growth process,*  
Normal sleep patterns of the baby/child Routine and Sleep Appropriate sleep areas, Common  
Sleep Problems in babies, toddlers & children refusal to sleep alternative sleeping methods  
implementation of a programme to effectively train the child/baby to sleep, Relationship between  
eating and sleeping sleep patterns in newborns, babies & toddlers, different methods of sleep  
training communicating with parents communicating with the child food and sleeping

### POSTNATAL DEPRESSION (Level 4, 10 credits)

The whole role of the PND Carer Postnatal Depression Explored The common signs and  
symptoms The impact on the Family Unit Available treatments History & Background,  
Cultural & religious differences Providing individualised care PND, the 'Baby Blues' and  
puerperal psychosis: Comparisons Common signs and symptoms of PND and the reasons for  
these Procedures used to diagnose PND in a culturally sensitive manner The use of the  
Edinburgh Scale The impact on the family unit Different treatments Encouraging  
communication Planning care The role of the PND carer within the wider health care system  
Other health care professionals Individualised care plan for a PND sufferer Self employment &  
contracts

### NEST NANNY (Level 3, 9 credits)

Details available under separate application

## Newborn & Nanny Education Services & Training (NEST)

[www.newborneducation.co.uk](http://www.newborneducation.co.uk)

Enquiries & Administration  
Brook Cottage Buildings  
Corse Lawn  
Gloucestershire GL19 4LU  
01452 780368  
[enquiries@newborneducation.co.uk](mailto:enquiries@newborneducation.co.uk)

NEST Training  
52 Grosvenor Gardens  
London  
SW1W 0AU  
07811 862930  
[newborneducation@live.co.uk](mailto:newborneducation@live.co.uk)

### *Caring for Newborns, Supporting 'new' Mothers*

There is a distinct lack of support in the community in all areas of postnatal care.

The NEST PNC/non-medical maternity nursing course costs only £460 and contains 12 credits at level 3.

Details of other NEST courses can be found on the back cover of this information pack. The OCNOTC accredits all NEST courses.



By working in small groups of no more than 10, we hope to promote the best possible learning environment by allowing students the opportunity to formulate and share ideas with other group members.

We use the term 'postnatal care/non-medical maternity nursing' in order not to confuse the issue that this is a non-medical profession.

Talk to us about work experience registration, and be sure to read the 'terms & conditions' overleaf.

We are happy to discuss your career options and recommend the best route into postnatal care, and look forward to hearing from you.

*Elaine Walsh*

Course Manager

