



mamamundo

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Birth preparation in your language

Deutsch • Shqip • தமிழ் • English • བོད་སྐད་ཡིག་ • Soomaali • اللغة العربية
Español • Kurdî • Français • ትግርኛ • فارسی
ትግርኛ • ቋንቋዎቹ • Português

ENGLISH • SOLOTHURN/OLTEN
FURTHER LANGUAGES UPON REQUEST



The birth preparation course for women / couples from all over the world

This course is for women far from their home countries who are about to become mothers.

A midwife and a female intercultural interpreter will answer your questions and give you information about pregnancy, childbirth, breastfeeding and your time at home with your baby. They will show you physical exercises that can help you relax and prepare for giving birth.

You will have the chance to talk to other women about your experiences and expectations relating to this special time. You can also exchange information and views about cultural practices with other women. Future fathers/companions are welcome to join some of the meetings.

The course meets seven times. Ideally, you would attend the course between the 5th and 9th month of your pregnancy.



Course times

Courses are held in the afternoons and early evenings.
Current course dates and times are posted on the website:
www.mamamundo.ch.

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Course fees

Course fees are based on income. Your health insurance fund will pay an additional 150 Fr. directly to Mamamundo. There is a fund available for families with no financial resources.

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Course registration / Contact

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077 504 85 48

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charitable association** and is
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