



e)xpectancy Ltd

**Expectant Parents' Complementary
Therapies Consultancy**

Jane Day RM RGN CIMI

Jane is a registered midwife and nurse with 25 years' experience as a community midwife; she is also a certified infant massage instructor. In 2003, Jane spent six months in Zambia, working as a clinical midwifery tutor and as a midwife in a rural health centre. She now continues working part-time as an NHS midwife whilst also offering the services of "Baby Days" Jane has always enjoyed caring for pregnant women and their families, providing continuity of care and preparing them for the most important event of their lives. She feels strongly that the opportunity to discuss and prepare for the impending birth helps couples to relax, make informed choices and form supportive bonds with midwives and other parents-to-be. Jane is insured with the Royal College of Midwives and the Federation of Antenatal Educators (FEDANT), membership number 11914.



Services provided include:

- Antenatal classes
- Infant massage classes

- Pregnancy massage, reflexology and aromatherapy (home visits)
- Moxibustion to turn breech babies
- Advice on natural remedies in pregnancy
- Postnatal and breastfeeding support (home visits)

Geographical area

North Hampshire

Contact

Telephone: 01256 862467

Mobile: 07981 290836

Website: www.babydays.me.uk

Email: jane@babydays.me.uk