



Online Parent-Support
Through the first year

YOUR ARCUS MIDWIFES



@CLAUDIABETTENMANN

Dear Mama, dear Dad The postpartum support comes to an end.... what now?

Are you asking yourself what to do, when your little one cries and cannot find sleep?
Are you worried about babies growth, eating pattern and if everything is "normal"?
Are you as a couple discussing topics that were no issue before the birth?

Than you're actually in the very same boat as most young mamas and dads.

And this is the exact reason why we'd love to support you to become the strong and reassured family that you'd love to be. With the support you're looking for, you'll find your way through these first intense months with ease.

We, the Arcus midwives, are looking forward to support and empower you on your
"Journey through the first year"


All topics that come up for you are welcome. In order to be best prepared for your needs, we kindly ask you to let us know in advance what you'd like to focus on.

Breastfeeding Consultation:

- 3 Consults throughout the whole breastfeeding time are covered by the basic health insurance.

Registration:
arcus.hebammen@hin.ch

Form: Zoom Call with the midwife
Costs: CHF 60 / 20 min
not covered by health insurance

We are looking forward to staying in touch and to help you further 
Claudia, Tonja und Jacky