

# ABOUT US

## PRESENTATION

My name is Carole, mother of two children whose moments of the pregnancy I will remember as the most beautiful period in my life. You start loving your baby once you feel him moving in your body. Moreover, your next experience with the baby is after his birth and this special moment parents remember it for a lifetime. We should appreciate every change of our body because it creates a new life and because of it, we all are reborn as mothers.

My journey brought me a lot, and my interests have turned towards accompanying pregnancy, parenthood and the well-being of pregnant women and mothers in the past few years.

Appreciating the dynamism as well as the relaxation during pregnancy and after childbirth, I appreciate accompanying women to become responsible for their body during this period, which is full of changes while remaining active.

Well-being remains essential in our life. While I was looking for a massage which is adapted to pregnant women, I found out the principles of Ayurveda. I became aware of the elements that can influence our health, mind and well-being. Pregnancy is a great physical and hormonal upheaval in a woman's life, but stress and anxiety could become in addition to it. I will try to help you as much as possible so your serene pregnancy can lead to a calmer baby.



## MY COURSE

I obtained my State Diploma in Midwifery from the Faculty of Medicine of Clermon-Ferrand in 2009 (France).

I had a practice at the maternity hospitals of Thonon-Les-Bains and Sallanches in France, before moving to Switzerland in 2012 at the Clinique Générale beaulieu in Geneva.

In the past few years, I've been working in the birth room, in the post-partum period, I have been leading birth preparation courses as well as aquatic prenatal sessions. In addition, I have presented postural and postnatal counseling sessions for new mothers, and practiced pre and post-natal ayurvedic massages.

I always knew that personalized follow-up at home or in the office would be part of my future path. The distant contact of the hospital environment brings another approach and another relationship with the future mother, the mother or a couple.

# THE AYURVEDA

## DISCOVER AYURVEDA

While I was looking for a massage which is adapted to pregnant women, I accidentally discovered Ayurveda. The purpose of it is to bring them well-being. I found it fascinating and offer you a short introduction.

What does Ayurveda mean?

This very ancient Indian medicine defines a Sanskrit word "ayur" which means LIFE and "veda" means KNOWLEDGE - SCIENCE.

It is based on the fact that each human being is born in a unique individual constitution by body (sharir), five sensory organs (indriyas), a spirit (sattva) and soul (purusha).

The Ayurveda provides having a healthy body followed by mental health.

What is the role of Ayurveda?

Ayurvedic medicine meets today's needs and is even recognized as a "method of care" by the World Health Organization.

Ayurveda distinguishes three vital forces or energies called Doshas, and aims to establish and maintain harmony between these three forces; Vata, Pitta, Kapha.

The 5 universal elements that constitute the physical body of the human being are found in the doshas, responsible for the physical, psychic and spiritual functions of the body: air, ether, fire, water and earth.

The 5 elements are omnipresent and their concentration varies during the stages of life, depending on our different activities such as eating, breathing, drinking, working, sleeping...

In summary, when the balance of the 3 doshas is disturbed, it is considered that a disorder or symptom of a disease may appear.

Each one of us is in unstable balance and we evolve at any moment, according to our age, our psyche, our environment, our entourage or our professional situation.

As each individual is unique, Ayurveda is the first and foremost based on an assessment of one's own energies: listening to oneself, getting to know oneself, is to live better!

Ayurveda seeks restoring balance and harmony to the three doshas by using an adequate diet, plants, treatments and massages.

"The 5 elements create the universal reality. Their balance in the universe brings harmony and their imbalance a catastrophe. The wind which is essential in life becomes in excess a hurricane or an earthquake. A quiet river fertilizes the earth but triggers disasters if it overflows, the sun makes life possible but a hot summer brings drought and destroys life and food.

Quote from Lydia Bosson

## AYURVEDIC MESSAGES

### Royal body massage "MAHABHYANGA"

Mahabhyanga is considered in India as the treatment by excellence to reverse the aging process.

How the massage is performed?

By using hot ayurvedic sesame and herbal oils, this "mothering" massage includes head, face and body as a whole. Suitable for a pregnant women, it combines pressure, friction, stretching and gentle movement of the joints.

Thanks to this wonderful massage, you will be able to :

- relax your body and mind, bring a general feeling of well-being
- reduce your stress level, fears and anxieties
- nourish, regenerate and soften the different tissues and joints of your body
- stimulate the lymphatic system, blood circulation and metabolism
- Regulate digestive, physical and emotional disorders related to pregnancy.
- improve your sleeping
- allow the stimulation of energy flows
- detoxify you
- strengthen your immune system

OR JUST RELAX AND HAVE A MOMENT FOR YOURSELF ...

What do I need to know?

- When you make an appointment, a questionnaire will be sent to you in order to know you better and to adapt the choice of oil based on your needs.
- Before the treatment we will discuss your expectations and if there are any ailments whether related to pregnancy or not.
- It is important to stay well hydrated after the treatment.
- Possible with breastfeeding.
- massage is not preferred during period.

**Prenatal:** massage possible after 13 weeks of amenorrhea.

**Postnatal:** from 4 to 6 weeks postpartum.

### "GAMATHI" massage

Tonic and refreshing, this treatment combines a belly and leg massage with various treatments that provide a "cold effect". A fango wrap will be performed at the end of the treatment (cryogenic mud).

Heavy leg problems are often associated with poor circulation and weak blood vessel function. This lack of energy flow is responsible for the following manifestations:

- dilation of the capillaries
- varicose veins
- water retention and edema
- cellulite
- pain to the touch
- lack of elasticity of the tissues

“We can't change the profound nature of how we travel, but we can positively influence the beauty of our legs”.

## PRICING

Mahabhyanga massage :

(Allow 15 min before and after the massage)

- massage 1h : 130 CHF
- massage+ fango wrap 1h30 : 170 CHF

Gamathi massage:

1h30 treatment: 160 CHF

## BALL FORM

### PRESENTATION

#### PRENATAL GYM BALL FORM

From the 12th week of amenorrhea, the activity improves pregnant woman's physical conditions and prepares her body for childbirth. You will facilitate the pregnancy and reduce associated pain.

The proposed exercises allow:

- A muscular reinforcement
- A softening and strengthening of the perineum
- Mobility of the basin
- Body awareness
- To promote good circulation in the lower limbs
- Harms workout
- Increase cardio-respiratory capacity
- Increase your endurance
- To have a moment of sharing and exchanging experience

What do I need to know?

The use of an "anti-burst" gymnastic ball is essential.

The diameter of the ball must be adapted to your size.

### BALL FORM COUPLE

- Promotes closeness to the couple before and during the labour
- accelerates the progress of work by being active while on the job
- increases the overall circulation of the body through movement
- reduces pain
- reduces stress and facilitates relaxation

### POSTNATAL GYM BALL FORM

From 6 weeks after your delivery or 8 weeks after your caesarean section, I offer gym sessions with the BALL FORM method.

What are the interests?

- A moment of conviviality, sharing and exchanging experience.
- Reducing isolation and the risk of postpartum depression.
- Improving your body image and physical condition: gentle strengthening of abdominal, back and pelvic floor muscles.
- Increasing your cardio-respiratory capacity
- Increasing your endurance
- Perineal massage
- Promoting the circulation of the lower limbs
- Movement and stretching of arms and shoulders

This practice does not replace perineal and abdominal rehabilitation with a physiotherapist.

It allows a transitory practice by regaining awareness of one's capacities before a more intense sporting activity.

## SERVICES

### Preparation for birth and parenthood with the method BALLON FORME

The arrival of a baby is probably a new adventure that makes you have many questions. In order for having the best baby's arrival preparation, I recommend you to participate in group sessions, where each one take place in 2 stages.

The first part is devoted to theoretical information, then the second part is based on breathing exercises, postural exercises with the use of a gym ball, stretching, massage and acupressure points as well as relaxation.

Topics approached:

- session 1: pregnancy pain and when come to the maternity ward
- session 2: physiological delivery and pain management
- session 3: medicalization of childbirth
- session 4: stay in the maternity ward and return home

### Private preparation for birth and parenthood

Needs will be defined before the course is set up in order to properly adapt your request.

Sessions are given either in French or English.

### PRICING

Group courses:

4 sessions of 2 hours : 350 CHF

1 session of 1 hour: 60 CHF to resume postural support and pain management.

Private lesson :

1 session of 1h30: 150 CHF at the office or at home.

## PRENATAL

### PRENATAL MEETING OR INTERVIEW

The interest of this interview allows us to get to know each other in order to answer your questions and to take stock of your pregnancy.

If you are expecting your first pregnancy, we will be able to clarify together your expectations or questions about your pregnancy and your future delivery.

You already have children or have experienced a pregnancy, we will discuss together the experience of your births, your experiences and how best to prepare yourself for the arrival of this new baby.

Do not hesitate to prepare your questions in advance and let me know what you want to do before the interview.

1 hour session

### FOLLOW-UP IN COLLABORATION WITH THE DOCTOR

Upon request of your doctor, I can perform:

- A cardiotocography check-up in the office (recording of fetal heart sounds and contractions)

- The follow-up of a high-risk or pathological pregnancy at home, from the 13th week of amenorrhea.

## POSTNATAL

### Post-natal follow-up

I am at your disposal to accompany you in your life as a parent as soon as you return home.

What is my role?

- Carry out the necessary checks-up of mother and baby
- Accompany and support in parenthood
- Support training how to breastfeed
- To understand your needs and answer all necessary questions

I will adapt to you, your choices and your needs while implementing my skills in order to help you.

## YOUR PREGNANCY

### PREPARE THE ARRIVAL OF YOUR BABY

I'll try to guide you how to buy basic things you need, even though you are allowed to buy whatever you want. Here is my advise...

### SLEEP

- a bed with a bar
- Co-sleeper or cradle if desired at the beginning
- firm mattress the size of a bed
- sleeping bag (small sleeping bag for baby) 0-6 months evolving with age and adapted to the season
- Sheets and fitted sheets

### TRANSPORT

- a car seat group 0-1 and more based on your choice
- Stroller+maxi cosy, pram +/- carrying sling or baby carrier

### CARE

- A changing table with a changing mattress
- A bathtub or a bath reducer
- Hooded towels
- A bath thermometer
- Hair and body care products for the bath without soap with neutral PH, without perfume, essential oils or parabens

- Saline
- Cotton wadding (facial care)
- Oleo-limestone liniment
- Cotton squares or dry wipes (buttocks care)
- More reliable rectal thermometer. The ear thermometer is also very practical but be aware of its reliability.
- Nappies size 1
- Occasional use baby fly in case of nasal congestion
- Comb or brush
- Nail scissors, nail file
- Disposable bed mattresses

## FOOD

If you wish to breastfeed your baby, you will be advised to bring the necessary equipment during your stay in the maternity ward.

- 2 or 3 bottles are sufficient even for artificial milk feeding (think about storage and cleaning...), or if you need breast milk or artificial milk supplements, or a choice of mixed feeding.
- Milk 1st Age
- Bottle drainer
- Bottle brush
- Freezer bags for breast milk
- High chair
- Preparation for diversification: teaspoons, bibs, bowls, plates, cup

## FOR THE BABY

- Bodys
- Pajamas, clothing
- Wool bras for birth
- Socks
- Slippers
- Bibs
- muslin squares
- A cuddly toy impregnated with your scent
- pacifier

## FOR THE MOTHER

- Positioning and nursing cushion

- 2 to 3 nursing bras without underwire. The bra should be very comfortable at night to protect and support your breasts. (allow 1 to 2 sizes approximately above your initial size)
- Nursing pads to protect your bra
- Protective nipple care cream based on Lanolin
- night light

## THE MATERNITY SUITCASE

### FOR THE MOTHER

#### In the birth room

Do not forget :

- your identity card or passport
- your insurance card
- pregnancy notebook if you have one
- your anaesthesia questionnaire if not sent to your maternity ward
- your booking documents if you are giving birth in a clinic

Adapt this environment in order to feel good while preparing:

- A playlist of appropriate music at this time. Provide a USB cable if necessary.
- Sweet and energizing drink
- Cereal bars and dried fruits or snacks
- Books
- Yoga mats if you want to have yours according to your practice

Beverages and snacks can be provided in the maternity ward if needed.

#### During your stay

You will not be sick but just mom...You have the right to be beautiful! You may prefer to use the shirts provided by the maternity ward if you want to feel more comfortable. So plan :

- comfortable clothes and pyjamas, suitable for breastfeeding if you wish to
- nursing bra
- nursing pads
- disposable panties
- heavy flow sanitary towels (if you want your own) to moderate for the end of the stay
- silver shield if you are a first time breastfeeding mother
- Pregnancy belt, type Physiomat<sup>®</sup>, if already used during your pregnancy to stabilize your pelvis and posture after childbirth.
- nipple protection cream based on pure lanolin if you have one

- toiletry kits
- Soap for intimate toilet with neutral PH
- Slippers or shoes for personal relaxation

If you are more comfortable, you may prefer to use the shirts provided by the maternity ward.

This list is adapted to your place of birth. Ask information (disposable panties, sanitary towels, breastfeeding necessities...).

## FOR THE BABY

Usually the clinics provide the necessary clothing for your baby during your stay, as well as care products (e.g. diapers, body and hair cleanser, oil and lime liniment, compresses, cord disinfectant, thermometer, bath towels).

Plan an outfit for leaving day : a hat, a bodysuit, pajamas or an outfit, a bra or jacket, socks, booties, a wetsuit or warm jacket depending on the season.

If you are bringing your personal belongings, bring:

- A sleeping bag 0-6 months
- 6 to 8 bodysuits depending on the length of your stay
- 5 to 7 pajamas
- 3 bras
- 2 cups
- 2 to 3 pairs of socks
- 1 pair of slippers
- Overalls or warm jacket for the day of departure
- Diapers
- A pacifier if you wish

## YOUR BASIC INSURANCE

### IN PREGNATAL

According to the FOPH, 13th week of pregnancy to the 8th week after delivery, a women is no longer able to contribute the costs of general medical benefits and care in case of illness. This includes the costs of treatment of illnesses unrelated to pregnancy.

For your pregnancy

The basic insurance covers :

7 pregnancy check-ups

2 ultrasound scans: - between the 12th and 14th week of pregnancy

-between the 20th and 23rd week of pregnancy

In a high-risk pregnancy, additional ultrasound scans are performed if the gynecologist deems it is necessary.

follow-up of the at-risk pregnancy at home in collaboration with your doctor

a lump sum of CHF 150 for one of the following services provided by a midwife :

- an individual or group birth preparation course

- a prenatal interview for the birth, planning and organization of the post-natal period at home

- Breastfeeding preparation

Other specific support :

Prenatal analysis of the risk of trisomy 21

Non-invasive prenatal testing (NIPT) when there is a high risk of Trisomy 21, 18 or 13.

Amniocentesis for high-risk FNIH

## DURING CHILDBIRTH

According to the FOPH, the compulsory insurance covers births at home, in a hospital or birthing center, provided that these establishments are on the hospital list of the canton of residence.

The assistance of a doctor or midwife is included in the benefit.

## IN POSTNATAL

Home follow-up by a midwife up to 56 days after delivery.

- Up to 16 visits in the case of a first child, premature birth, multiple birth or caesarean section

- 10 visits for other situations

- Additional visits are always possible on the medical order of your doctor. As of the 9th week, this benefit is listed as "illness", i.e. with deductible and participation of the insured person.

3 breastfeeding consultations for the entire duration of the illness.

Postnatal check-up between the 6th and 10th week after delivery.

Perineal re-education (benefit under "illness" therefore with deductible and participation of the insured person).

## YOUR SUPPLEMENTARY INSURANCE

Ask your complementary insurance company for the information of your coverage of benefits related to your pregnancy as well as the coming months and make your choice:

- Group birth preparation
- Birth preparation in private
- Birth preparation in the pool
- Preparation for parenthood
- Massages for pregnant women
- Lymphatic drainage
- Prenatal Balloon Gym
- Postpartum gym with baby
- Prenatal Yoga
- Haptonomy
- Sophrology
- Prenatal singing
- Aromatherapy
- Homeopathy
- Naturopathy
- Acupuncture
- Hypnosis
- Baby carrying
- Baby massage
- Family Mediation
- IBCLC Lactation Consultant
- Mother-Baby Yoga

## **NEWBORN CARE**

- Healthy newborn baby: care and stay are covered by the mother's health insurance. They are considered as maternity benefits not subject to cost sharing.
- Newborn with health problems: treatment costs as well as hospital stay are no longer considered as maternity benefits, and are covered by the newborn's health insurance.

## **CONTACT**

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## **APPOINTMENT SCHEDULING**

For a home follow-up or a private birth preparation class, please contact me by phone or email.