

GUIDELINES & DISCLAIMERS

Hi my #dancingmama,

First of all, congratulations to you ! You have brought an amazing little being into this world. I am so happy that you let me be part of this amazing journey called motherhood and to trust me with your little one ! We will be moving and dancing together, whilst bonding with our little ones. All of my classes have been designed to suit baby and mother during postpartum.

Before starting my classes, or any kind of physical activity, please make sure to read this document.

1) If you weren't used to frequent exercise and activity prior to starting this program, please ask your doctor for advice if this activity will be suited for your postpartum journey.

Always check with your GP before starting any type of exercise or workout as sometimes this is not recommended under certain conditions. Please be aware I do not take any liability, under any circumstance, for any form of injury or consequence that could result directly or indirectly due to the programme and classes.

2) If you have any doubts or hesitations, always seek advice from your GP.

3) Even though physical exercise is recommended postpartum, you always have to check with your GP that your body is ready to follow these kinds of activities. If you or your baby feel unwell or you feel uncomfortable doing a particular movement, stop immediately.

4) The Dancing Mama & Baby sessions do not cover instructions on installation and security of your baby carrier. Even though we run through safety guidelines at the beginning of the class, it is your responsibility to ensure your baby carrier is suitable for this type of class (you can check directly with your baby carrier brand if unsure). Only baby carriers and wraps are permitted for these classes. Make sure your carrier method is adapted to your baby's age. Baby slings are not recommended.



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FAQ'S

What to wear ?

Most importantly, wear something you feel comfortable in ! For your t-shirt, I would suggest a material that is breathable and doesn't irritate baby's skin.

Put baby in some light clothing, or just a cotton onesie/body, as you might well get a bit hot during the class.

I have twins, what can I do ?

You can invite a friend to take the class with you

If this is not possible, you can switch between babies if they are happy to. They are usually very intrigued by what is going on with their mummy and sibling dancing away in front of them.

Do you have to know how to dance ?

No! You don't need to be a professional dancer. The class is there to help develop confidence as a mum and to restart physical activity whilst reinforcing that baby / mummy bond.

What if baby is asleep ?

My little princess usually falls asleep as soon as I put her in a baby carrier. Baby wearing usually safely puts a little one to sleep and this class can be soothing for them, even though we will be chacha'ing away!

What age must my baby be ?

It usually is recommended to start after at least 6 weeks, waiting for your baby's neck muscles to be strong enough.

Usually, it corresponds with the moment where mums can safely start physical activity and your pelvic floor has regained its strength. Mothers who have undergone C-section surgery should wait a little longer and seek personal advice.

The age limit depends on your ability to carry baby and whether he/she still enjoys it. Make sure the weight won't harm your back.

What if baby cries during the class ?

The most important thing is : no stress ! Press pause, check why baby is crying and you will be able to restart as soon as baby is happy again. The class has to be adapted to your little one's needs.

Emmanuelle
xoxo

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