



*Doreen O'Neill*

Registered Nurse & Midwife

At Sunningdale Pharmacy Ilala Ridge

**Over 30 years experience  
in pregnancy and post natal care.**

**A healthy happy baby makes a happy family!**

**Hourly Consultations for you and your baby.**

**1. ANTE-NATAL CONSULTATION**

- Pregnancy advice (physical and psychological well being, diet, daily care)
- Advice on labour (all types, breathing and relaxation techniques, pain relief etc)
- Parenting support (practical advice on coping with the new baby)

**2. POST- NATAL CONSULTATION**

- Well Baby Assessment (weight, length and head measurement, and development check)
- Feeding advice & support (breastfeeding, introduction of solids and meal plans etc)
- Baby sleeping advice & training

Sunningdale Pharmacy T: 031 572 3045  
Shop 3 & 4 Ilala Shopping Centre  
Cnr Umhlanga Rocks Drive & Ilala Drive  
Sunningdale

Or Contact Doreen on:  
T: 082 922 5341  
E: [reception@momzone.co.za](mailto:reception@momzone.co.za)