

27. October 2025

Education and culture

Lecture at the VHS Bocholt on the "Golden Hour"

Lecture by breastfeeding consultant Melanie Paessens on 2 November at the Media Centre // Focus on the importance of the first hour after birth

The first hour after birth is far more than just a medical or organisational stage - it is a unique moment in which bonding, trust and security grow. Certified breastfeeding consultant Melanie Paessens will shed light on the importance of this "Golden Hour" for parents and child in a talk on Sunday, 2 November at 3 pm in the Media Centre.

The lecture focuses on what happens during this first encounter and why it is so formative for the development of mother, father and child. Paessens shows how closeness, physical contact and calmness make the start in life easier and promote breastfeeding. She also gives practical suggestions on how parents can consciously organise this special moment - even in a hospital environment.

The event is aimed at parents-to-be, grandparents and anyone interested in understanding birth as a loving and self-determined beginning of life. Melanie Paessens, herself the mother of three teenagers, combines professional expertise with personal experience in her talk.

Admission is 5 euros. Registration is possible via www.vhs-bocholt.de, remaining places will be allocated on site. Further information is available at the VHS office in Bocholt, Industriestraße 1, as well as at the Rhede and Isselburg branches.



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Breastfeeding counsellor Melanie Paessens provides information about the so-called "Golden Hour" after the birth.