

OUTLINE OF ANTENATAL CLASSES

TALK 1

- Dad's video
- Introduction to staff and course outline
- Understanding the signs of onset of labour
- When to come to hospital
- Induction
- Progress of labour

SUPPER BREAK

- Tour of Nursery, Deluxe / Private, Delivery Suite
- Class expectations and question time

TALK 2

Pain relief – video of epidural

1. Inductions
2. Normal delivery and instrumental
3. Caesarean Section
4. Foetal position
5. Episiotomies / tears
6. Visit by new Mum and Dad (Normal delivery)

SUPPER BREAK

Care of Mum and Baby immediately after birth. Admission to the ward.

TALK 3

Physiotherapist talk – This is an extra cost and an account will be sent separately. This class is optional and commences at 6.45pm

- Backcare and pelvic floor
- Relaxation strategies
- Breathing techniques
- Massage

SUPPER BREAK

Lactation Consultants talk

OUTLINE OF ANTENATAL CLASSES (CONTINUED)

TALK 4

- Immediate needs of the newborn
- Apgar score
- Vitamin K (Konakion) Hep. B. injection
- Jaundice
- SIDS
- Newborn hearing test
- Newborn screening test
- Circumcision
- Visit by new Mum & Dad (Caesarean Section)

SUPPER BREAK

- Bonding
- Physical and emotional changes
- Handling conflicting advice
- Third day blue and Post Natal Depression

TALK 5

- Going home and what to expect
- Strategies for settling the baby at home
- Artificial feeding
- Nappy folding demonstration
- Sexuality / contraception

SUPPER BREAK

BIRTH VIDEO

SLEEP LIKA A BABY VIDEO

REFRESHER PROGRAMME

This programme is designed as an update for more experienced parents. It is an informal format with discussion on past experiences and expectations of birth.

- Relaxation
- Pain relief during birth
- Caesarean births
- Positions for birth and delivery
- Breast Feeding
- Coping with an expanding family