

The Women's **Wellness** Centre

Full Ante Natal Course

X4 Saturday morning sessions 0930 – 1230 ran monthly by our experienced in house midwives Samantha & Kristina and selected guest speakers.
£500 per couple

Class 1

- Weeks 38-42, & preparing for birth
- Physiology & pelvic floor preparation
- Preparing you hospital bag
- Writing your birth plan
- Optimal fetal positioning (OFP)
- Signs of early labour
- Early Labour, its management & coping mechanisms
- Breathing techniques
- When to go to hospital and what to expect
- 1st Stage of labour -physiology, management, & positions
- Natural pain relief and alternative therapies
- Hospital pain relief – pros & cons

Class 2

- Fetal monitoring options
- 2nd Stage of labour -physiology, management & positions
- 3rd Stage of labour – physiological Vs active management
- Stem cell collection
- Pelvic floor issues & aftercare
- Intervention & Instrumental birth
- Caesarean section – Elective & Emergency
- Natural methods of induction
- Induction of labour at hospital – Why? When? How?
- Your baby at birth – what to expect!
- Birthing partners survival guide

Class 3

(Fathers attendance optional)

- The first few hours with baby – Apgar score & checks
- Vitamin K administration
- Importance of early feeding & skin to skin contact
- Breast Feeding- physiology, supply & demand, positions & latching
- Common breastfeeding problems and their management
- Breast feeding equipment demonstration
- Breast feeding skills
- Bottle Feeding– making up feeds, equipment & common problems

Class 4

- How long will you stay in hospital?
- Leaving hospital
- The early postnatal period & role of the midwife at home
- “Baby Blues” & post partum depression
- Confident Care Skills (with dolls) :handling, winding, swaddling, nappy changing,, umbilical cord care, skin care & bath time
- A typical day – feed, sleep & wake cycle
- Why babies cry – Dr Karp's 5 S's
- Getting help at home- maternity nurses & nannies
- Working towards a routine & encouraging good sleeping habits
- SIDS & cot death prevention guidelines

We book only a maximum of 6 couples per course

Light refreshments are provided throughout the course

To book your place onto our popular course please email gaynor@womenswellnesscentre.com or call 02077514488

An Obsgyn**Care** facility at 204 Fulham Road