

The Women's **Wellness** Centre

Intensive Ante Natal Weekends

taught by our experienced in house midwives Samantha & Kristina this course runs monthly and covers the full antenatal course intensively over one weekend.

£500 per couple

Class 1 – Saturday 09.30 – 16.30

Weeks 38-42, & preparing for birth
Physiology & pelvic floor preparation
Preparing you hospital bag
Writing your birth plan
Optimal fetal positioning (OFF)
Signs of early labour
Early Labour, its management & coping mechanisms
Breathing techniques

Coffee Break

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

12.30 – 13.30 -Lunch Break

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

Coffee Break

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 2 – Sunday 09.30 – 16.30

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

Coffee Break

Common breastfeeding problems and their management
Breast feeding equipment demonstration
Breast feeding skills
Bottle Feeding– making up feeds, equipment & common problems

12.30 – 13.30 -Lunch Break

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

Coffee Break

A typical day – feed, sleep & wake cycle
Why babies cry – Dr Karps 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 **ObsgynCare** facility at 204 Fulham Road