

Ante Natal Course - CLASS AGENDA

Class 1

- Weeks 38-42, natural methods of induction
- Physiology & pelvic floor preparation
- Preparing you hospital bag
- Writing your birth plan
- Signs of early labour
- Early Labour, its management & coping mechanisms
- Breathing techniques
- When to go to hospital and what to expect there
- Birthing partners survival guide!
- 1st Stage of labour -physiology, management, & positions
- Natural pain relief and alternative therapies including homeopathy, water & massage
- Pain relief on offer – Statistics, Pros & Cons

Class 2

- 2nd Stage of labour -physiology, management & positions
- 3rd Stage of labour – physiological Vs Active Management
- Stem Cell collection – Pros & Cons
- Pelvic floor issues, statistics & aftercare
- When things go wrong – Instrumental birth & Intervention
- Caesarean section – Elective & EMERGENCY
- Induction of labour – Why? When? How? & Statistics
- Your Baby at Birth!
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Class 3 - (Fathers attendance optional)

- The first few hours with baby – skin to skin, Apgar scores & Vitamin K
- Importance of early feeding
- BREASTFEEDING - 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- The warning signs
- Confident Care Skills (with dolls) – handling, winding, swaddling, nappy changing, cord care & bath time
- A typical day – feed, sleep & wake cycle
- Why babies cry – Dr Karps 5 S’s
- Sleep deprivation and its management
- Getting help at home- maternity nurses & nannies
- Baby led Vs Active parenting
- Working towards a routine & encouraging good sleeping habits
- SIDS Guidelines and basic resuscitation guidelines*

*(Please note that class 4 only briefly covers the resuscitation section of the offered 3 hr 1st Aid course. For a more in-depth look at how to deal with emergency scenarios in the home including resuscitation, managing choking in babies & children, drowning, head injuries & bleeding please book onto the monthly 3 hr 1st aid session)

Light refreshments will be provided at all classes along with a comprehensive individual class notes folder and supplementary information relevant to the topics being covered.

All sessions are run by our in-house midwives Samantha Higginson & Kristina Heuberger, who have a wealth of experience of high risk and low risk birth at The Kensington Wing at Chelsea & Westminster as well as The Portland Hospital.

For further information regarding classes please do not hesitate to contact Samantha or Kristina at The Women's Wellness Centre on 02077514488 to discuss.