

The Women's **Wellness** Centre

Ante Natal and Post Natal Class Information

The Women's Wellness Centre experienced midwives Samantha & Kristina offer a wide range of specially tailored classes & workshops to inform, educate and support you throughout your special pregnancy journey and beyond!

- Full Ante Natal Course
- Intensive Ante Natal Weekends
- Elective Caesarean Section Preparation Classes
- Paediatric and Early Years 1st Aid Classes
- Personally Tailored 1:1 at Home Classes

- Postnatal Workshop & Weekly Meetings
- Baby Massage Courses



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

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

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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 (OFFP)
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

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Elective Caesarean Section Preparation Class

run monthly by our midwives Samantha and Kristina of whom both have extensive experience of elective caesarean section birth at The Kensington Wing & The Portland Hospital this informative and unbiased x3 hr class is tailored to couples whom are required to, wish to or are thinking of delivering their babies by elective caesarean section (ELCS)

£125 per couple

Our 3 hour course covers:

- Preparing your hospital bag
- Writing your birth plan
- Preparing your body for the caesarean section and life with a baby
- Signs of early labour and what to do if labour starts.
- Pre operative preparation (blood tests, consent forms, pre medication and nil by mouth guidelines)
- Anaesthesia
- The ELCS procedure
- Birthing Partners role
- Breathing for relaxation (mum & dad!)
- Your baby at Birth
- 1st few hours with your baby and initial recovery
- Pain relief after surgery
- Feeding your baby after ELCS
- Your hospital stay & leaving the hospital
- The early postnatal period – what to expect
- Ongoing recovery & your next birth



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

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Paediatric & Early Years 1st Aid Class

As most accidents that lead to child injury and death occur in the home our course has been designed for anybody that has regular contact with small babies and infants that wishes to learn the life saving skills required should they ever find a child in difficulty. Parents (or soon to be parents), grandparents, nannies, maternity nurses ,babysitters and mothers help all welcome
£75 per person

Our 3 hour course covers:

- Getting help in the UK
- Initial assessment and ABC
- Recovery position
- Baby & toddler resuscitation (CPR 2010 Guidelines) - Theory & Practica
- Managing choking in the infant & toddler - Theory & Practical
- SIDS guidelines & Cot death prevention
- Infection & meningitis
- Burns/Scalds
- Febrile convulsions & seizures
- Anaphylactic shock & allergies
- Poisoning
- Head injuries, concussion & compression
- Amputation, bleeding & shock

Paediatric 1st Aid kit list

Useful babysitter information template



We book a maximum of 12 people 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

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Personally Tailored @Home 1:1 Classes

£100 p/h

Whatever your birthing preference whether it be a water birth, an elective caesarean section or something in the middle all of our courses can be personally tailored individually to you and your needs and taught in the comfort of your own home. Our experienced midwives will bring all teaching equipment with them to your house and provide you with a personally tailored course folder of notes that covers all the topics taught. We are able to offer daytime, evening and weekend slots at a time that suits yourself and your husband.

As all of our at home classes are individually tailored we ask you to please contact our midwives directly to discuss and plan which sessions may suit your needs best.

For 1st time parents who wish to cover the full ante natal course topics (planning natural birth or caesarean section birth) we suggest 2 sessions of 3 hrs each as a general guide.

- **Ante Natal** (x3 hours) can cover any (or all) topics specific to your needs from class 1 & 2 of our full Ante Natal Course or Elective Caesarean Preparation Class.
- **Post Natal** (x3 hours) can cover any (or all) topics specific to your needs from class 3 & 4 of our full Ante Natal Course

Extra classes offered at home:

- 1st Aid Class (x3 hours)
- VBAC (x2 hours)
- Refresher class (x2 hours)
- Postnatal Workshops (all topics x3 hours)
- Baby Massage (x1 hour per home session)

To discuss booking a personally tailored @ home class please call Samantha or Kristina on 02077514488 or email gaynor@womenswellnesscentre.com

The Women's **Wellness** Centre
 Ante Natal and Post Natal Class Schedule
 2012

	Jan	Feb	March	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Full Ante Natal Course	7 th 14 th 21 st 28 th	4 th 11 th 18 th 25 th	3 rd 10 th 17 th 24 th	31 st 14 th 21 st 28 th	12 th 19 th 26 th 2 nd	9 th 16 th 23 rd 30 th	7 th 14 th 21 st 28 th	4 th 11 th 18 th 25 th	1 st 8 th 15 th 22 nd	29 th 6 th 13 th 20 th	27 th 3 rd 10 th 17 th	24 th 1 st 8 th 15 th
Intensive Ante Natal Weekend												
Elective Caesarean Preparation Class	14 th (pm)	18 th (pm)	17 th (pm)	21 st (pm)	26 th (pm)	23 rd (pm)	21 st (pm)	18 th (pm)	15 th (pm)	13 th (pm)	10 th (pm)	8 th (pm)
Paediatric 1 st Aid Class	7 th (pm)	11 th (pm)	10 th (pm)	14 th (pm)	19 th (pm)	16 th (pm)	14 th (pm)	11 th (pm)	8 th (pm)	6 th (pm)	3 rd (pm)	1 st (pm)
Mums Postnatal Group												
Baby Massage												

Tuesday's 0930 - 11am

Wednesday's 0930 - 11am

The Women's **Wellness** Centre

Mums Post Natal Group

Hosted by our in house midwives

Runs Every Tuesday 0930 – 11am

£15 per adult

*Come along to the mum's forum for a coffee & a catch up with fellow new mums.
The workshop for mums, dads & babies is a great place to meet new people, get support
and informed, professional advice.*

Topic covered include:

Workshop 1 - Weaning & teething

Workshop 2 - Breastfeeding/ principles of baby led weaning

Workshop 3 - Sleeplessness/ settling babies/ establishing routines

Workshop 4 - Illnesses in the first year

Workshop 5 - Returning to work/ childcare options

Workshop 6 - Looking after yourself

Workshop 7 - Sibling rivalry/ preparing for another baby

Every Tuesday 9.30 – 11am

Please call reception on 0207 7514488 to book

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The Women's **Wellness** Centre
Baby Massage Classes

Baby Massage With Ann Herreboudt

Every Wednesday 0930 – 11am

£15 per adult



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