

Antenatal class

12TH AUG -JUST MOMS	Introduction of antenatal classes Diet Problems in pregnancy Relaxation techniques for labour
19TH AUG - MOMS & DADS	Normal birth Stages of labour Video of birth Etc
26TH AUG - MOMS & DADS	Caesarean section Breathing & positions in labour Forceps and induction Control of pain Epidural and video Etc
2ND SEP - MOMS & DADS	Practical of labour Postnatal depression Video of Caesar Etc
9TH SEP – MOMS ONLY	Breastfeeding Etc
16TH SEP - MOMS & DADS	4.30pm – Tour of St Georges Hospital Baby bath Immunisations Well baby clinic Postnatal talk Etc