

## Antenatal class

<b>28<sup>th</sup> OCT -JUST MOMS</b>	Introduction of antenatal classes Diet Problems in pregnancy Relaxation techniques for labour
<b>4<sup>TH</sup> NOV - MOMS &amp; DADS</b>	Normal birth Stages of labour Video of birth Etc
<b>11<sup>TH</sup> NOV - MOMS &amp; DADS</b>	Caesarean section Breathing & positions in labour Forceps and induction Control of pain Epidural and video Etc
<b>18<sup>TH</sup> NOV - MOMS &amp; DADS</b>	Practical of labour Postnatal depression Video of Caesar Etc
<b>25<sup>TH</sup> NOV – MOMS ONLY</b>	Breastfeeding Etc
<b>2<sup>ND</sup> DEC - MOMS &amp; DADS</b>	4.30pm – Tour of St Georges Hospital Baby bath Immunisations Well baby clinic Postnatal talk Etc