

Antenatal class

31st AUGUST -JUST MOMS	Introduction of antenatal classes Diet Problems in pregnancy Relaxation techniques for labour
7TH SEPTEMBER - MOMS & DADS	Normal birth Stages of labour Video of birth Etc
14TH SEPTEMBER - MOMS & DADS	Caesarean section Breathing & positions in labour Forceps and induction Control of pain Epidural and video Etc
21ST SEPTEMBER - MOMS & DADS	Practical of labour Postnatal depression Video of Caesar Etc
28TH SEPTEMBER – MOMS ONLY	4.30pm – Tour of St Georges Hospital Baby bath Immunisations Well baby clinic Postnatal talk Etc Breastfeeding Etc