

Antenatal class

5th DEC - JUST MOMS	Introduction of antenatal classes Diet Problems in pregnancy Relaxation techniques for labour
8th DEC - MOMS & DADS	Normal birth Stages of labour Video of birth Etc
13th JAN - MOMS & DADS	Caesarean section Breathing & positions in labour Forceps and induction Control of pain Epidural and video Etc
20th JAN - MOMS & DADS	Practical of labour Postnatal depression Video of Caesar Etc
27th JAN - MOMS ONLY	Breastfeeding Etc
3rd FEB - MOMS & DADS	4.30pm - Tour of St Georges Hospital Baby bath Immunisations Well baby clinic Postnatal talk Etc