

Antenatal class

6TH JULY -JUST MOMS	Introduction of antenatal classes Diet Problems in pregnancy Relaxation techniques for labour
13TH JULY - MOMS & DADS	Normal birth Stages of labour Video of birth Etc
20TH JULY - MOMS & DADS	Caesarean section Breathing & positions in labour Forceps and induction Control of pain Epidural and video Etc
27TH JULY - MOMS & DADS	Practical of labour Postnatal depression Video of Caesar Etc
3RD AUGUST – MOMS ONLY	Breastfeeding Etc
17TH AUGUST - MOMS & DADS	4.30pm – Tour of St Georges Hospital Baby bath Immunisations Well baby clinic Postnatal talk Etc