

Antenatal class

8TH APRIL -JUST MOMS	Introduction of antenatal classes Diet Problems in pregnancy Relaxation techniques for labour
16TH APRIL - MOMS & DADS	Normal birth Stages of labour Video of birth Etc
29TH APRIL - MOMS & DADS	Caesarean section Breathing & positions in labour Forceps and induction Control of pain Epidural and video Etc
6TH MAY - MOMS & DADS	Practical of labour Postnatal depression Video of Caesar Etc
13TH MAY – MOMS ONLY	Breastfeeding Etc
20TH MAY - MOMS & DADS	4.30pm – Tour of St Georges Hospital Baby bath Immunisations Well baby clinic Postnatal talk Etc