

The antenatal class program incorporates 12 hours of education for prospective parents.

## It is recommended that:

- Clients book early to ensure a place in this program
- All mothers (even those planning a Caesarean birth) attend the classes in order to gain an understanding of what to expect (in the event of early labour). Please note Active Birth Class is for those mothers planning a vaginal birth, or may be considered a 'refresher' class.
- **Mothers only come to the Early Bird class.**

By completion of the Antenatal Course, participants will have gained an understanding of the following:

## Early bird class (from 12 to 20 weeks)

- Common myths of pregnancy
- Your changing body
- Common discomforts & remedies
- Hazards in pregnancy
- Sex
- Warning signs of pregnancy
- Diet & exercise
- Pelvic floor awareness

## Class 1: Introduction to labour and birth (starting at 30-32 weeks)

- Transition from pregnancy to labour
- How will you know when you are in labour
- Stages of labour
- When to come to hospital
- Birth suite routine
- Midwife and Obstetricians role
- Pain discussion
- Support persons role
- Birth
- Tour of the Maternity facility.

## Class 2 : Unexpected outcomes / Using medication in labour and birth

- When things don't go according to plan
- Inductions of labour
- Different types of medication used in labour and birth (nitrous oxide, pethidine, epidural)
- Monitoring in labour
- Other types of birth eg caesarians

## Class 3 : Breast Feeding

- The benefits of Breast feeding.
- Starting and maintaining lactation.
- Dealing with unexpected outcomes.
- Information regarding The Sunshine Coast Private Hospital Baby Friendly Accreditation.

## Class 4 : Parenting

- Becoming a parent for the first time
- Managing your baby
- Postnatal ward routine
- Vaccination, Safe Sleeping.
- Settling techniques and many other aspects of becoming parents

## Extra Class: Active Birth (inclusive in program price) Highly recommended for mothers planning a vaginal birth (wear comfortable clothing)

- Participants will use a range of active labour and birth positions.
- Natural pain relief methods.
- Relaxation.

## Extra Class: Breastfeeding Workshop

- For those who have experienced problems when breastfeeding previously, or those who anticipate difficulties with breastfeeding.
- Refresher breastfeeding class.
- Informal environment.
- Run by a Lactation Consultant.

A post natal reunion will be organised for your group.

For bookings, Please contact the Maternity ward booking clerk on 5430 3093.