

Evening Course Agenda

Week One

Welcome. Housekeeping and introductions
Setting the agenda
Late Pregnancy aches and pains
How labour starts
Non – medical pain relief
Relaxation

Week Two

Attitudes to pain
First stage of Labour
Breathing in the first stage
Practice contractions
Positions for labour
Teaching partners how to massage
Questions and Answers

Week Three

Second stage of labour
Medical pain relief
Epidurals
Third stage of labour
Questions and Answers

Week Four

Induction of labour
Expect the unexpected. Understanding Ventouse, forceps and Caesareans
Pelvic floor exercises
Questions and Answers

Week Five

Visit by new parents and their baby
Practical skills. Changing nappies. Bathing baby
Crying babies and how to settle.
Questions and Answers

Week Six

Benefits of breastfeeding
Top tips for successful breastfeeding
Practice with positioning
Postnatal Depression
Course Evaluation
Photos and end of course drinks in the bar

The agenda is not exact as the course and its content are designed to be flexible to meet your needs.