**Course of Classes in Preparation of Labour**

We will recommend a suitable time for you to commence. There are couples and mums only classes available. **Early booking is necessary.** These classes are held in the classroom in 65-66 Lower Mount Street on the 2nd floor.

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| **Class 1: Midwife Physiotherapist** | Promoting wellness and good health in pregnancy and beyond. Topics for discussion include: health and exercise in pregnancy, benefits of breastfeeding your baby and fetal movements.  |
| **Class 2: Midwife** | The first stage of labour. Signs of labour, when to come to hospital, coping methods and pain relief are discussed in detail. |
| **Class 3: Midwife**  | The second and third stage of labour, caesarean sections and instrumental deliveries. |
| **Class 4: Physiotherapist** | Labour workshop – includes breathing and positions for 1st and 2nd stage of labour, TENS and massage. |
| **Class 5: Midwife** | Talk on breastfeeding management. Post maturity and management of same, fetal movement awareness, what to expect over first few weeks, postnatal depression. Tour of the delivery ward (where possible). |

**Antenatal Breastfeeding Class is on the first Friday of every month at 12.45pm for one hour or the third Tuesday of every month at 6pm for one hour; no booking is necessary.**