**Overview of three day class for first time women/parents**

**Class one: First, second, third stage of labour**

* Register, introductions
* Overview of three-day course
* Importance of preparation for birth and parenthood discussed with resources
* First stage of labour; including coping strategies, when to come to hospital
* What to expect while labouring in hospital including, birth preferences, fetal monitoring
* Second and third stage of labour
* Care of the perineum

**Class two: Preparation for the unexpected during childbirth. The early postnatal period**

* Recap/reflection/ opportunity for questions/discussion
* When things don’t go to plan includes Induction of labour, instrumental delivery and overview of emergency c section
* Transfer to postnatal ward
* Beginning your infant feeding journey; resources, practical advice
* Focussing on mental and physical wellbeing of mother in postnatal period- normal versus when to seek help

**Class three: Baby care and transition to parenthood**

* Opportunity for discussion/questions
* Practical babycare demonstrations
* Infant mental health
* Common concerns
* Start thinking about challenges a new baby brings