



Antenatal Parenting Group Programme

Session

Date:

Time:

Venue: McAfee Lecture Theatre

Session

Date:

Time:

Venue:

Session

Date:

Time:

Venue:

Session

Date:

Time:

Venue:

Belfast Maternity Service



The programme consists of 4 sessions

- at each session there will be a short break for refreshments

Session 1: Midwife and Physiotherapist (2hrs)

Attend around 16 weeks of pregnancy (you will receive a date for this session at your booking visit).

What will be discussed:

- Maternity services available
- Getting to know your baby
- Understanding your feelings
- Learn how to relax and safely exercise
- Keeping your baby safe in your car
- Peer support when breastfeeding.

Session 2: Midwife (2hrs)

What will be discussed:

- Development of your baby
- Positions of your baby during labour
- Signs and stages of labour
- Normal delivery
- What you and your partner may experience during labour
- Other types of delivery
- Induction of labour process.

Session 3: Midwife (1hr) & Physiotherapist (1hr)

What will be discussed:

- Positions for labour
- Active birth positions
- Coping with labour
- Support from birthing partner and midwife.

Session 4: Midwife (2hrs)

What will be discussed:

- Developing your relationship with your baby
- Benefits and concerns regarding breastfeeding
- Types of milk
- Breastfeeding support available
- Responding to your baby's needs
- Mental development of your baby
- Keeping your baby safe
- Coping with a crying baby
- The role of community midwife.

We hope you will enjoy the sessions and find them beneficial. Please feel free to ask questions and suggest any other topic you wish to discuss. To book sessions call at the Antenatal Education office or Tel: 028 9063 3293. This is a voicemail service. Please leave details and we will return your call.