

The Antenatal Class Program

The antenatal class program incorporates 10 - 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.

Section 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.

Section 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

Section 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.

Section 4 : Parenting

- Becoming a parent for the first time
- Managing your baby
- Postnatal ward routine
- Parenting dilemmas: circumcision, vaccination, SIDS
- 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

Both expectant Mums & partner to attend. (wear comfortable clothing)

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

Antenatal Class Coordinator