

Course Details

The group will discuss the practicalities of having a baby as well as the health and well-being of mum and baby before, during and after the birth. We will cover how to develop good parent and baby relationships, which influence your baby's ability to build social relationships throughout its life.

Week 1

Getting to know your baby

- What is your baby doing now?
- What does your baby know about you?
- Positions of the baby in the womb
- Development of the baby in the womb (sensory, cognitive, physical)
- Relaxation and breathing techniques

Week 2

Managing your labour

- When to call the hospital and what to take to hospital
- Recognising the different stages of labour and how the baby helps you
- Options available for pain relief in labour
- Possible Interventions in labour
- Relaxation and breathing techniques

Week 3

Feeding your baby

- How breastfeeding works
- Positions for breastfeeding
- Expressing breast milk
- Safe storage of breast milk
- Feeding outside the home and returning to work.

- Common myths and facts around breastfeeding
- Formula feeding, types of milk, sterilisation of feeding equipment and preparation of formula feeds.
- Relaxation and breathing techniques

Week 4

Final Preparations

- First 48 hrs and coming home with your baby.
- What routine checks you can expect for you and your baby
- How to keep your baby safe?
- Recognising low mood after the birth of your baby
- Strategies to help you with common newborn problems
- Relaxation and breathing techniques

Week 5

Meet 4-6 weeks after birth

- Opportunity to share your experiences of settling into family life
- Enhancing your baby's emotional and social development
- Communicating with your baby
- Play and stimulation of your baby
- Preparation for weaning
- Healthy Lifestyles