

Preparation for Birth and Baby

NHS

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2nd Saturday of the month for Gorleston, Gt Yarmouth and outlying villages' areas, at the **Antenatal Clinic waiting room, JPUH.**

4th Saturday of the month for Lowestoft, Beccles, Bungay, Southwold and Halesworth areas, at the **Kirkley Midwifery Hub, Lowestoft, NR33 0HF.**

9:30am start for both days.

Morning Session:

- Information around getting baby into the best position for birth.
- To gain information around signs of labour and when to contact the hospital.
- Breathing and relaxation tips and techniques.
- Pain relief options for labour and birth.
- What to expect if labour and birth does not go according to plan.

Afternoon Session:

- Screening tests offered for baby.
- Infant feeding and advice around sterilization options of feeding equipment.
- Safer Sleeping Advice for baby.
- How to bath and/or 'Top and Tail' baby.
- How to change a nappy and what is normal in a nappy.

Please contact your community Midwife to book you on the sessions.

Ideally you should be approx. 32wks at the time of the class.

