

Parent education programme - SEPT - DEC 2018

We welcome women, partners, birth partners, family and grandparents at all our classes. The classes are free

BIRTH WORKSHOPS

Information and practical skills to help prepare you and your partner for your labour and delivery:

- *Signs of labour, effective positions in labour, active birth, Stages of labour, pain relief and coping strategies.*
- *The birth environment in hospital or at home.*
- *Water birth & the use of water as pain relief in labour*
- *The role of your birth partner to enable them to effectively support you in labour*

LIFE AFTER BIRTH WORKSHOPS

What to expect in the early days as new parents - essential information about caring for and feeding your baby and where to get help and support. Discover how to develop a close and loving relationship with your new baby.

FEEDING YOUR BABY (& building a loving relationship with your baby)

All the information you need to make an informed choice about how to feed your baby.

Find out how giving any breast milk can benefit the health and wellbeing of your baby such as reducing your baby's risk of ear and tummy infections and reducing your risk of breast and ovarian cancer. What you can expect in the early days, relationship building through feeding, involving partners, expressing and the support available.

MULTIPLE BIRTH WORKSHOPS (2 week course)

All Multiple Birth workshops are held in the Parent education room, Doncaster Women's Hospital

First week: Pregnancy & birth.

Second week: Life after birth & Feeding your Baby

VBAC - Vaginal Birth after Caesarean Section - Support Service

Find out about having your baby vaginally if you have had a previous baby by caesarean section, also called a c-section.

Classes held at Doncaster and Bassetlaw Hospitals

INTRODUCTION TO HYPNOBIRTHING SESSION

Hypnobirthing classes are held at Bassetlaw Hospital.

This is not a course (at present), please attend one session.

Hypnobirthing promotes deep relaxation and breathing techniques to use during pregnancy and childbirth.

TENS machine hire:

£20 + £10 returnable deposit

Transcutaneous Electrical Nerve stimulation (TENS), a portable and non-invasive form of pain relief, that stimulates the body's production of endorphins (Natural pain relieving hormones).

Tens Machines can be collected from: The Community Office, Antenatal Clinic. Doncaster Hospital.

Mon – Fri: 8.30 – 3.30. Cost: £20 + £10 returnable deposit
.You must be 37 weeks or more to collect a TENS machine

To book your Parent Education workshops: Contact the Community Hub on: 01302 642794 or email: dbth.parenteducation@nhs.net with the following information.

- ◆ Which classes you require
- ◆ Where you would like to attend them Doncaster/Bassetlaw
- ◆ Your baby's due date
- ◆ Your contact details



**DBTH Maternity Voices
@DBTHMV**

<https://www.facebook.com/DBTH>

DONCASTER

Parent Education room, Level 2 (Ground floor), Women's Hospital, Doncaster Royal Infirmary, Thorne Rd, DN2 5LT

SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 FEEDING YOUR BABY 12 – 2 pm
3	4 BIRTH 6-8 pm	5	6 LIFE AFTER BIRTH 6-8 pm	7	8 FEEDING YOUR BABY 12 – 2 pm
10 MULTIPLE BIRTH WORKSHOPS (Week 1) 6.30-8.30pm	11 BIRTH 6-8 pm	12	13 LIFE AFTER BIRTH 6-8 pm	14	15 FEEDING YOUR BABY 12 – 2 pm
17 MULTIPLE BIRTH WORKSHOPS (Week 1) 6.30-8.30pm	18 BIRTH 6-8 pm	19	20 LIFE AFTER BIRTH 6-8 pm	21	22 FEEDING YOUR BABY 12 – 2 pm
24	25 BIRTH 6-8 pm	26	27 LIFE AFTER BIRTH 6-8 pm	28	29 FEEDING YOUR BABY 12 – 2 pm

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 BIRTH 6-8 pm	3	4 LIFE AFTER BIRTH 6-8 pm	5	6 FEEDING YOUR BABY 12 – 2 pm
8	9 BIRTH 6-8 pm	10 VBAC 2-4pm	11 LIFE AFTER BIRTH 6-8 pm	12	13 FEEDING YOUR BABY 12 – 2 pm
15	16 BIRTH 6-8 pm	17	18 LIFE AFTER BIRTH 6-8 pm	19	20 FEEDING YOUR BABY 12 – 2 pm
22	23 BIRTH 6-8 pm	24	25 LIFE AFTER BIRTH 6-8 pm	26	27 FEEDING YOUR BABY 12 – 2 pm
29	30 BIRTH 6-8 pm	31			

NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 LIFE AFTER BIRTH 6-8 pm	2	3 FEEDING YOUR BABY 12 – 2 pm
5	6 BIRTH 6-8 pm	7	8 LIFE AFTER BIRTH 6-8 pm	9	10 FEEDING YOUR BABY 12 – 2 pm
12	13 BIRTH 6-8 pm	14	15 LIFE AFTER BIRTH 6-8 pm	16	17 FEEDING YOUR BABY 12 – 2 pm
19	20 BIRTH 6-8 pm	21	22 LIFE AFTER BIRTH 6-8 pm	23	24 FEEDING YOUR BABY 12 – 2 pm
26 MULTIPLE BIRTH WORKSHOPS (Week 1) 6.30-8.30pm	27 BIRTH 6-8 pm	28	29 LIFE AFTER BIRTH 6-8 pm	30	

DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 FEEDING YOUR BABY 12 – 2 pm
3 MULTIPLE BIRTH WORKSHOPS (Week 2) 6.30-8.30pm	4 BIRTH 6-8 pm	5	6 LIFE AFTER BIRTH 6-8 pm	7	8 FEEDING YOUR BABY 12 – 2 pm
10	11 BIRTH 6-8 pm	12	13 LIFE AFTER BIRTH 6-8 pm	14	15 FEEDING YOUR BABY 12 – 2 pm
17	18 BIRTH 6-8 pm	19 VBAC 2-4pm	20 LIFE AFTER BIRTH 6-8 pm	21	22 FEEDING YOUR BABY 12 – 2 pm
24	25 NO CLASSES	26	27 NO CLASSES	28	29 NO CLASSES
31 NO CLASSES					

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10	11 BIRTH 6-8 pm	12	13 LIFE AFTER BIRTH 6-8 pm	14	15
17	18 HYPNOBIRTHING 6-8 pm	19	20 FEEDING YOUR BABY 5.30-7pm	21	22 VBAC 12-2pm
24	25 HYPNOBIRTHING 6-8 pm	26	27 FEEDING YOUR BABY 5.30-7pm	28	29

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