

Thank you for choosing to participate in our Birth and Early Parenting Antenatal Classes. Here is an outline of what can be expected each week:

## Week 1: Preparation for labour and birth

### Welcome to the program

- Outline of program

### Getting to know each other

- Introductions and group needs

### Anatomy and physiology

- Overview of reproductive system and terminology
- Posterior presentation and delivery

### Warning signs

- When to call the hospital

### Signs of labour

- When to come to hospital

### Stages of labour

- What to expect in labour
- Birth video

### Understanding pain in labour

- Simple pain relief
- Self-help strategies
- Pharmacological pain relief options

### Possible obstetric procedures

- Induction of labour
- Amniotomy, augmentation
- Labour and delivery equipment
- Tears versus episiotomy
- Other possible unexpected outcomes

### Introduction to the Womens Health Unit (WHU)

- Photo tour of Delivery Suite and WHU

### Relaxation strategies

### Role of support person

## Week 2: Preparation for a caesarean birth, immediate post-delivery care and early parenting

### Caesarean birth

- Elective and Emergency

### Immediate newborn care

- The first few hours after birth

### Newborn characteristics

- Common characteristics and behaviours of newborns

### Newborn tests

- Newborn examinations and daily checks

### Feeding baby

- Tips and techniques
- Breastfeeding video

### Caring for baby

- Safe sleeping (SIDS/SUDI guidelines)
- Neonatal security in hospital

### Postnatal recovery

- What to expect after birth

### Postnatal mood changes

- Postnatal depression (PND)
- Where to get help and treatment
- Community supports

### Relationship changes for new parents

### Going home

- Infant car restraints
- Introducing family pets
- Community nurse support

Nepean Private Hospital's Antenatal Classes aim to provide a basic overview in preparation for labour, birth and the postnatal period. If you need further information we encourage you to speak to your Obstetrician and/or GP.

### Nepean Private Hospital

1-9 Barber Avenue, Kingswood NSW 2747 | P 02 4732 7333 | F 02 4721 8895

nepeanprivatehospital.com.au

ABN 85 006 405 152