



# Antenatal Education Program 2019





## Overview

The antenatal education program has been designed to help prepare you for pregnancy, labour and birth, and for the transition to parenthood including breastfeeding and the care of your baby.

Each program consists of five classes which commence at 7:00pm and run for approximately 2 hours.

These classes are held on Tuesday evenings in Education Building at the rear of the hospital. Parents are asked to park at the rear of the hospital, next to the Education Building as the main hospital doors are locked when the classes finish.

Classes fill up quickly so please secure your place when you have your initial booking in appointment with the midwife. You will be able to purchase a pre-reading book for \$10 from your midwife at this time. There is no cost to attend the classes.

Please call the Maternity Services Unit on 03 5667 5556, to book in for the classes you have chosen 2-3 weeks prior to commencement.



## Class Details

- Class 1** Labour and Birth.
- Class 2** Pelvic Awareness & Relaxation. A Physiotherapist will facilitate this class. Please wear loose, comfortable clothing and bring a pillow each.
- Class 3** Facilitated by a Doctor from the Leongatha Healthcare. This night discusses issues related to pregnancy and birth.
- Class 4** Breastfeeding. Please bring a large doll or soft toy.
- Class 5** Parenting includes the role of the Maternal and Child Health Nurse.



# Class Dates

Date	Class
8 January	1
15 January	2
22 January	3
29 January	4
5 February	5

Date	Class
12 February	1
19 February	2
26 February	3
5 March	4
12 March	5

Date	Class
19 March	1
26 March	2
2 April	3
9 April	4
16 April	5

Date	Class
23 April	1
30 April	2
7 May	3
14 May	4
21 May	5

Date	Class
28 May	1
4 June	2
11 June	3
18 June	4
25 June	5

Date	Class
2 July	1
9 July	2
16 July	3
23 July	4
30 July	5

Date	Class
6 August	1
13 August	2
20 August	3
27 August	4
3 September	5

Date	Class
10 September	1
17 September	2
24 September	3
1 October	4
8 October	5

Date	Class
15 October	1
22 October	2
29 October	3
6* November	4
12 November	5

Date	Class
19 November	1
26 November	2
3 December	3
10 December	4
17 December	5

*\*NB. Wednesday night due to Melbourne Cup day on Tuesday*

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