

Ante-natal Classes

Ante-natal Classes for first time parents

This is a series of 3 classes, held on a Tuesday and Thursday evening from 6.30pm to 9pm. The classes cover topics including:

- Signs of labour
- Normal labour and birth
- Unexpected outcome such as induction of labour and caesarean section
- Pain relief options
- Physiotherapy
- Postnatal information
- Tour of Maternity Unit

Antenatal Refresher Class

A class designed for women who have already had a baby but are interested in refreshing the information on labour and birth. These classes are held on the third Tuesday of each month from 1pm. The class covers topics including:

- Normal labour and birth
- Unexpected outcome such as induction of labour and caesarean section
- Pain relief options
- Tour of Maternity Unit

Breastfeeding Workshop

This class is for mothers planning to breastfeed. Classes are held every second Wednesday from 1.00pm-3.30pm. The class covers topics including:

- Benefits of breastfeeding
- Optimal positioning and attachment
- Discussion on possible difficulties encountered when establishing breastfeeding

Bookings for all classes can be made by calling the Maternity Unit on 62818731 between 8am-4pm

Tours

Tours of the maternity unit are generally held every Saturday and Sunday at 3pm, subject to activity in Maternity Unit. Booking are not necessary but please phone the unit on 62818731 at 2pm to confirm the tour is running.