

## **Relaxation Classes**

These classes are held in the Emma Ferbrache Meeting Room.

They run for the first four Saturday mornings in every month from 10.30 to 11.30 am and cover:-

Posture

Exercise

Mobility

Relaxation

Positions for labour

Massage mum and baby

Use of available equipment –

i.e. bath, birthing stool etc.

Group discussions

Terry nappy lady

Invitations for Parentcraft, Refresher and Relaxation Classes will be sent by post. If you do not receive yours by the 28<sup>th</sup> week of your pregnancy please contact Janet Wyatt, Parentcraft Midwife, Loveridge Ward.

For further details about these classes and Hypno-birthing classes

please telephone 725241 –

(Loveridge Ward)

and ask to speak to our

Ward Clerk or

Janet Wyatt, Midwife.

If not available leave a message and Janet will contact you.

Compiled by:  
Janet Wyatt, Midwife,  
Parentcraft Co-ordinator.

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**H&SSD No. 643**



## **Classes in Preparation for Parenthood**

Run by the Midwives of  
Loveridge Ward

The Princess Elizabeth Hospital

### **Early Pregnancy Class**

A single class early in pregnancy which covers topics including:-

Guernsey Midwives Team System

Antenatal Care

The Developing Baby

Your Changing Body

Dietary Advice

Posture

Exercise

Relaxation

What to buy

Grant and Allowance

**Partners, male or female, and questions are encouraged.**

This class is held on the 1<sup>st</sup> Monday in every month, at 7.00pm in the Parentcraft Room, Loveridge Ward.

If you would like to check the date please phone Loveridge Ward.

**No invitations will be sent.**

Please attend as soon as possible after your booking visit with the Midwife.

### **Parentcraft Classes**

A course of six classes lasting approximately 2 hours, one evening a week, which covers topics including:-

Reasons for admission to hospital during pregnancy

Normal labour and birth of the baby

Care given during labour

Coping techniques in labour

Pain relief

Normal, forceps, ventouse & caesarean births

Tour of Loveridge Ward and Neo-natal Intensive Care Baby Unit

Life after birth

Care of mother and baby after delivery

Feeding your baby

Caring for baby

Emotions

**Partners, male or female, and questions are encouraged.**

### **Refresher Classes**

For mums who already have children.

A single class when a midwife will give an update on labour and delivery and discuss any questions you have relating to pregnancy.

7.00pm – 2<sup>nd</sup> Monday in the month in the Parentcraft Room, Loveridge Ward.

No crèche facilities.

**Partners, male or female, and questions are encouraged.**