

How to book cont/d...

Times/dates you could not attend a class.

| Date | Time |
|------|------|
| | |
| | |
| | |

Special Requirements (eg mobility)

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| |

Please indicate your 1st, 2nd and 3rd choice by ticking one of the boxes in each column.

| | 1st CHOICE | 2nd CHOICE | 3rd CHOICE |
|--|--------------------------|--------------------------|--------------------------|
| Morning weekdays - 3 weeks | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Afternoon weekdays - 3 weeks | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Evening weekdays - 3 weeks | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| VBAC (vaginal birth after a caesarean) daytime - 3 weeks | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Refresher daytime - 3 weeks | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Weekday labour day (equivalent to the 3 week classes) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Detach this form along perforation and return to the clinic in-tray provided or post to:

Antenatal Teachers
 Antenatal Clinic
 Birmingham Women's Health Care Trust
 Metchley Park Road
 Edgbaston B15 2TG

BIRTH IDEAS CLASSES

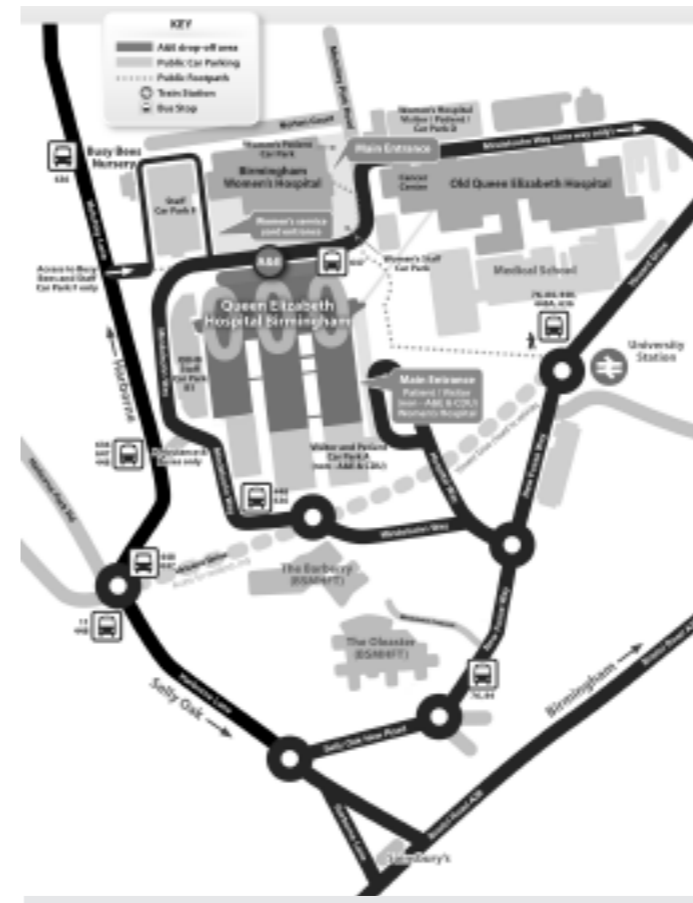
This is a session on self-help for labour. Held in the Parent Education Room on the Lower Ground Floor. Days of sessions vary.

**To book please contact
 0121 627 2748**

TWINS

For those expecting twins (or more!). You will learn about your options for the birth of your babies. You will also learn about feeding and caring for twins and have the opportunity to meet with others in the same situation as well as meet representatives from TAMBA (Twins and Multiple births Association).

**To book please contact
 0121 627 2748**



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 NHS Foundation Trust
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Birmingham Women's **NHS**
 NHS Foundation Trust

Parent Education
(All classes are free of charge)

Patient Information

Classes available at Birmingham Women's Hospital.

PARENT EDUCATION CLASSES

During these classes you will cover the basics of pregnancy and birth. You will learn how to prepare for the experience of labour, the importance of relaxation, how your choice of pain relief can affect your labour and what to expect during the first few days.

It is essential to book these classes using the form attached. You will be notified of your class/es between 22 and 28 weeks of pregnancy.

**For more information call
0844 243 6360
between 9am and 12 midday
or email: bookings@birthed.org.uk
To book use tear off form.**

DELIVERY SUITE

Please note that wherever possible all classes will include a tour of the delivery suite and Birth Centre where appropriate but this cannot be guaranteed.

VBAC CLASSES (VAGINAL BIRTH AFTER A CAESAREAN)

For those who have experienced a caesarean birth and are considering a vaginal birth this time around. You will look at how the previous caesarean will affect your choices for this birth, how best to help yourself in labour as well as having the opportunity to discuss your feelings with others in the same situation.

**For more information call
0844 243 6360
between 9am and 12 midday
or email: bookings@birthed.org.uk
To book use tear off form.**

REFRESHER CLASSES

For second, third... time parents who would like to update their knowledge, understand their previous experiences of birth and plan ahead for this birth. We cover issues relating to siblings and the practicalities of introducing a new baby to the family.

**For more information call
0844 243 6360
between 9am and 12 midday
or email: bookings@birthed.org.uk
To book use tear off form.**

BREASTFEEDING WORKSHOP

**Are you thinking of breastfeeding?
Your baby is!**

Come along to this session and find out a bit more about how to do it, what to expect in the early days and how to keep going as long as you wish. Your partner, mum or a friend are welcome too and there are plenty of opportunities for everyone to ask questions.

Sessions are held on Thursdays, approximately fortnightly, from 12 - 2pm in the Parent Education Room on the Lower Ground Floor.

There is no need to book, just turn up to the one that suits you. To find out when they are, look for posters in clinic or ask your midwife.

**For more information and dates,
see posters in Antenatal Clinic,
ask your midwife or phone the
Infant Feeding Team on
0121 603 6909.**

BOOKING FORM for Parent Education Classes

How to book

Fill in your personal details, (remembering we will need to contact you whilst on maternity leave) and then indicate your 1st, 2nd and 3rd choice of classes in the section overleaf.

Please book your classes between 12 and 20 weeks of pregnancy. We do not like to accept bookings before this time. Evening classes fill up first so please be prepared to accept an alternative.

We will let you know your class date/s between 22 and 28 weeks of your pregnancy. Remember it is your legal right to time off work to attend classes.

Your Name

Birth Partner's Name

Hospital Unit No.

Date of Birth

Address

Daytime Telephone Number (We cannot ring mobiles)

Email (Personal only please)

Date your baby is due

Cont/d...

Cont/d...