

## Childbirth Education Price List



Suggested sessions dates are calculated according to the month in which you are due to deliver your baby.

Courses are held on Tuesday evening from 7pm until 9pm. Alternative options such as one-to-one (or two) are available – please ask.

We will strive to accommodate all those wishing to attend. We put on extra groups in the event of high demand. In these circumstances, priority will be given to those having enhanced antenatal care with us at The Midwifery Centre

5 sessions of 2 hours: £200.00

### **Please book early**

A non – refundable £50.00 deposit will be requested at booking, with full payment due 4 weeks before the course starting.

We will refund pro-rata for any babies that come early and cause their parents to miss these important sessions.

Feeding is covered within the childbirth education course. However, because of the limited time available we also offer an enhanced breast-feeding workshop.

These are held once a month on a Wednesday from 1pm until 3pm. This is same time as our postnatal drop-in which enables you the opportunity to meet with other Mums who are experiencing the challenges and joys of early motherhood as well as gain practical information during the workshop itself. This very useful session costs just £30.00.

## Childbirth Education sessions



These sessions are led by midwives  
at **The Midwifery Centre**

Classes are small and informal, with no more than 6 couples per session. Everyone in the class will be expecting their babies around the same time. This is so that you can share your preparations and birth experiences. This hopefully will continue over into the postnatal period, providing you with a support network.

Each class provides evidence-based information and an opportunity to ask questions and make informed decisions about your labour, birth and in parenting.

At The Midwifery Centre we see couples from all around the area, reaching those due to deliver with hospitals such as Royal Berks in Reading, Wexham Park in Slough, Heatherwood in Ascot and High Wycombe Hospital. We also work with those intending to have their babies at home. We all have experience of deliveries within hospitals and at home.

Many of our midwives are working or have worked in these maternity units, so can guide and support you through your antenatal, delivery and postnatal options.

The sessions are for YOUR development. We have a skeleton plan of what we think you want to explore and learn, but the groups are passed over to you for your choices. Excepting session 5, which is fixed.

Once we explore what you want to know, then we can together plan the sessions accordingly.

Overleaf is a skeleton plan to give you food for thought!



This is a skeleton of our childbirth education sessions. We invite you to highlight and add any areas you would wish to explore.

**Week One**

- Late pregnancy
- Post maturity – induction
- Optimal Foetal positioning
- Signs of labour
- Who to call, things to take etc

**Week 2**

- Labour. Exploring the three stages
- Your choices including Syntometrine and Vitamin K
- Pain relief – both non and pharmaceutical
- Positioning for pain relief and a smooth labour

**Week 3**

- Water births – demonstration of a birthing pool
- Special cases, when things don't go to plan i.e. Ventouse, Forceps, caecarian section
- Role of the birthing partner – how they can make a difference

**Week 4**

- Feeding. Advantages and disadvantages of breast / formula
- Early days at home, Routines, Visitors, equipment etc
- Safety
- Emotions / Postnatal depression

**Week 5**

This final week we have a very hands-on 'Practical baby' session where we explore issues such as bathing, top and tail, sterilizing, temperature control and crying baby. A confidence building session, preparing for when you first handle your baby.



**Childbirth Education**

Session Dates

**Estimated Delivery Date                      Suggested Course Dates**

<b>March</b>	<b>January 8, 15, 22, 29 &amp; 5/2</b>
<b>April</b>	<b>February 12, 19, 26, 4 &amp; 11/3</b>
<b>May</b>	<b>March 18, 25, 1, 8 &amp; 15 April</b>
<b>June</b>	<b>April 22, 29, 6, 13 &amp; 20 May</b>
<b>July/August</b>	<b>May 27, 3, 10, 17 &amp; 24 June</b>
<b>August/September</b>	<b>July 1, 8, 15, 22 &amp; 29</b>
<b>October</b>	<b>August 5, 12, 19, 26 &amp; 2 Sept</b>
<b>November</b>	<b>September 9, 16, 23, 30 &amp; 7 Oct</b>
<b>December</b>	<b>October 14, 21, 28, 4 &amp; 11 Nov</b>
<b>January</b>	<b>November 18, 25, 2, 9 &amp; 16 Dec</b>

Each course comprises of five consecutive Tuesday evenings from 7pm until 9pm.

Please book early. Numbers are strictly limited.

Call us on 0118 940 4490 to reserve your place.

The Midwifery Centre Ltd  
The Studio, Bath Road  
Hare Hatch, READING  
Berkshire RG10 9SP