

ANTENATAL CLASSES

Preparing for your birth



Welcome to the JPMC
Department of Obstetrics
and Gynecology. We
provide excellent
treatment and care for
patients with normal and
high-risk pregnancies, and
we offer a wide scope of
services that addresses
every healthcare phase a
woman experiences
throughout her lifetime -
from pre-reproductive
care through the
childbearing and
post-menopausal years.

For first time parents, Antenatal Classes usually commence on the 28th week of gestational age onwards. We also offer refresher antenatal classes.

The Antenatal classes will familiarise you and your partner on what to expect during labour and delivery. The role of your birth companion will be discussed. And they will be encouraged to take part in discussions about caring for your baby and adjusting to life as a parent.

The classes can also be the beginning of starting new friendships with other parents of similar aged children. A great place too, to meet other parents-to-be.

Antenatal classes can help you focus on your pregnancy and get you ready for labour and child birth.

The Maternity Team will welcome you to these most valuable classes and look forward to working with you in your planning and preparation for the delivery of your baby.

Contents of the Classes

Session 1 - Change and Adaptation in Pregnancy

- Changes in your body during pregnancy
- Nutrition & exercise during pregnancy
- Coming to the hospital
- Care in the hospital

Session 2 - Coping with Labour and Stages of Labour

- Pain relief choices
- Breathing and relaxation techniques
- Choice of 'painless' delivery
- Signs of True Labour
- Stages of Labour

Session 3 - Postnatal Care for Mother and Baby

- Adjusting to life as a parent
- Perineal care
- Baby bathing
- Immunization
- Cord care

Add-on

Lactation Classes

This class runs for 2 hours. Date and time of class will be arranged between you and Lactation Nurses. 1st time consultation is BND30. The topics for this class will include:

- How does lactation work?
- What is the process of breastfeeding?
- Attachment, position
- Milk supply
- Maternal health



Please Note

- Classes are conducted in English only.
- Date and time of classes will be arranged between you and the coordinator
- Mothers who are not booked with JPMC are also welcomed to join. If you are not registered yet, a one-time registration of BND10 is to be paid at JPMC reception area.
- Payment should be made prior to the commencement of class.
- First time parents are encouraged to take up the full course.
- No refunds for session missed, but you may join another group for the missed sessions as arranged between you and the coordinator.
- The full 3-session course will cost BND150 or BND70 per session.
- All "mother to be" are encouraged to attend the antenatal classes with their spouse



Note

For more information, call our OBGYN Clinic at **261 1433 ext 3000/3002.**

OBSTETRICS AND GYNAECOLOGY CLINIC
CLINIC HOURS

Mondays to Fridays 8:00am - 5:00pm

Saturdays 8:00am - 12:00noon

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