

<p><b>Physiotherapist class</b></p> <p>This class is attended prior to your evening series or weekend workshop</p>	<p><b>Your changing body</b></p>	<p>Minimising discomforts of pregnancy</p> <ul style="list-style-type: none"> <li>• posture awareness</li> <li>• care of your back</li> <li>• pelvic floor control</li> <li>• specific, safe exercises for pregnancy</li> </ul>
<p><b>Week one</b> (Midwife)</p>	<p><b>Introduction</b></p>	<ul style="list-style-type: none"> <li>• Warning signs in pregnancy</li> <li>• When to come to hospital</li> <li>• Tour of hospital and birth suite</li> </ul>
<p><b>Week two</b> (Midwife)</p>	<p><b>Labour</b></p>	<ul style="list-style-type: none"> <li>• Stages of labour</li> <li>• Overview of birth and influence of birth hormones</li> <li>• Comfort measures during birth</li> <li>• Using different positions in labour</li> <li>• Role of support person</li> </ul>
<p><b>Week three</b> (Midwife)</p>	<p><b>Labour options</b></p>	<ul style="list-style-type: none"> <li>• Pain management</li> <li>• Induction of labour</li> <li>• Assisted births e.g. forceps and vacuum</li> <li>• Skin-to-skin contact and early initiation of breastfeeding</li> </ul>
<p><b>Week four</b> (Midwife)</p>	<p><b>Caesarean birth and breastfeeding</b></p>	<ul style="list-style-type: none"> <li>• Caesarean birth</li> <li>• Breastfeeding</li> </ul>
<p><b>Week five</b> (Midwife)</p>	<p><b>Parenting</b></p>	<ul style="list-style-type: none"> <li>• Transition to parenting</li> <li>• Baby bath demonstration, if possible</li> <li>• Baby care within the first few days following birth including:             <ul style="list-style-type: none"> <li>– safe sleeping recommendations</li> <li>– temperature</li> <li>– weight changes</li> <li>– newborn urine and bowel habits</li> <li>– umbilical cord care</li> <li>– jaundice</li> </ul> </li> <li>• Newborn screening test</li> </ul>