



Sr. Marion Wing
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Baby Clinic Proprietor
PR8844259

Ante Natal Classes

Curriculum – Ante Natal/Childbirth Education Course

Welcome to ante natal classes. The aim of this course is to explore and offer information regarding different aspects of childbirth suited to the different needs of individuals. Gynaecologist or midwife assisted births, natural or caesarean in a hospital setting.

The course offers six, 2 and a half hour sessions in the form of discussion, audio visuals, lectures, with a break for tea and allowing time to get to know other expectant parents.

Outline:

- *Introduction/ anatomy and physiology/ disorders/ nutrition*
- *Labour and Birth*
- *Caesarean Section and assisted births*
- *Pain relief and procedures*
- *Breastfeeding*
- *Parenting, Basic care of infant/ bath/ layette/ Immunisations*
- *Postnatal, Immunizations*

Dress/ comfortably and bring a pillow. Classes run from 17h45-20h30 every Tuesday. Partners are encouraged to attend. The cost of this course is R2100-00.including vat. A 50 % deposit is required on booking and the rest at the end of the classes. There will be no reimbursement for missed classes. Most medical aids will reimburse for ante natal classes. Statements will be given once you have paid for the course. Call for queries during office hours. Please contact Jenny (secretary) - 0843872388, if you are unable to attend the class during the course.

<p>Banking details:</p> <p>The Baby Clinic Nedbank - Cheque account Account Number: 1925116247 Bedford Gardens Branch code:-192505</p>	<p style="text-align: center;">Please put your name on all EFT statements. Cheques made out to, The Baby clinic or cash. Thank you for your support. Good luck and enjoy the course.</p>
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Session 1

- 1) *Welcome and introductions*
- 2) *Nutrition*
- 3) *Anatomy and physiology*
- 4) *Minor disorders of pregnancy*
- 5) *Emotional and physical changes in pregnancy*
- 6) *Sex*
- 7) *Birth partner-role*
- 8) *Relaxation*

Session 2

- 1) *Signs and symptoms of onset of labour*
- 2) *Danger signs*
- 3) *Stages of labour*
- 4) *Birth video*

Session 3

- 1) *Caesarean Section*
- 2) *Spinal/epidural*

Session 4

- 1) *Pain Relief (discussion of pain of labour, analgesia used and side effects)*
- 2) *Positions for labour and comfort measures*
- 3) *Induction of labour*
- 4) *Forceps Birth*
- 5) *Vacuum extraction*
- 6) *Amniotomy*
- 7) *Foetal monitoring*
- 8) *Episiotomy*
- 9) *Shave and enema*

Session 5 (Bailey Merven) lactation consultant

- 1) *The anatomy of the breast*

- 2) *The physiology of breastfeeding*
- 3) *Care of breasts before and during breastfeeding*
- 4) *Initiation of breastfeeding*
- 5) *Positioning the baby correctly/latching*
- 6) *Nutrition*
- 7) *Benefits*
- 8) *Nipple confusion*

Session 6

- 1) Parenting, Depression, Life after Birth.
- 2) *Baby layette and shopping list.*
- 3) *Care of the newborn*
- 4) *Baby bath.*
- 5) *Immunisations.*
- 6) *What to keep at home for baby medicine wise. .*

Clinic Hours:

08h30 – 16h30 weekdays

08h30 – 11h30 Saturdays

For any further enquiries whatsapp/sms, Marion Wing 0832296964 or

e.mail, marion@marionwing.co.za, or marion.wing@yahoo.com

Thank you.

Course dates

Last course for 2020 Oct 27, nov 3rd, nov 10th, nov 17th, nov 24th, 1 dec

1. **January 12th, 19th, 26th, feb 2nd, 9th, 16th**
2. **March 2nd, 9th march, 16th, 23rd, 30th**
3. **April 13th, 20th, 27th, may 4th, 11th, 18th**
4. **June 1st, 8th, 15th, 22nd, 29th, july 6th**