

Our classes are designed to prepare you for a positive birth experience whether you plan a natural delivery or prefer the use of medication or epidural anesthesia.

To participate in those classes, it is recommended to wear loose clothing.

A tour of the Maternity Floor in the Hospital will be offered to familiarize yourself with the location and the health care team.



For further information & registration please contact Saint George Hospital University Medical Center, the Childbirth Education & Parenting Program at: 01/441 550 - 01/441 552



SAINT GEORGE HOSPITAL
UNIVERSITY MEDICAL CENTER

Childbirth Education & Parenting Program

We are committed to making your pregnancy and birth the most memorable and rewarding experience it can be

Thank you for allowing us to be a part of this special time in your life



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The birth of a baby is one of the most treasured experiences in life. To help families prepare for this meaningful event, Saint George Hospital University Medical Center offers comprehensive childbirth education and parenting programs. All sessions are taught and led by specialized midwives, employed within our Maternity Unit.

Our classes help you take responsibility for your health and the health of your child. We want to hear about your expectations and concerns, and we want to share knowledge that will help you approach this experience with confidence.

The information you receive may prove helpful when making medical decisions with your healthcare provider. Our classes offer an opportunity to ask questions and get answers. They also allow you to connect with others who are going through a similar experience.

This discipline of body and mind helps you to:

1. Provide a deep physical and mental relaxation
2. Eliminate ignorance vis-à-vis pregnancy, childbirth and postpartum
3. Learn to engage the mind to work with pain during labor
4. Increase confidence and courage for the experience of labor and delivery
5. Develop skills for managing stress in pregnancy, parenting and daily life
6. Participate in an active childbirth
7. Strengthen the bond between parents and children

Those four sessions are planned, each one for two hours of theory and practice time. Individual or group sessions are available.



The sessions are friendly, interactive and supportive of your needs. The schedule of the sessions will be fixed according to each case (gestational age, the need of the couple, etc...), starting from the sixth month of pregnancy.

Class topics are well chosen to answer all your theoretical and practical questions.

Theory:

1. Evolution of pregnancy
2. Signs of early labor
3. Methods of analgesia
4. Normal delivery & caesarean
5. Breastfeeding
6. Demonstration of bath and care of the newborn



Practice:

1. Physical exercises
2. Stretching
3. Different types of breathing
4. Relaxation
5. Different types of pushing during labor exercises
6. Exercises for the pelvic floor

