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PRE-NATAL CLASSES AT INTUITION PRIVATE

Our contemporary clinic runs regular pre-natal classes, also called birthing and parenting classes, to help you and your partner get ready for birth, breastfeeding, and care for a newborn baby. Most people say going to classes helps them feel more comfortable as the birth approaches.



PRIVATE Classes

2 hours | Flexible times and days | \$405pp |
Partner/support person welcome (free)



CHILDBIRTH, PARENTING, AND INFANT FEEDING CLASS- LEARN ABOUT:

- physical and emotional changes in pregnancy
- bladder, pelvic floor, exercise, diet, emotional health
- sex and relationships
- baby, vitamin K, hep B, infant feeding, buying for baby
- hospital information, resources, useful websites
- how the body prepares for labour
- hormones and emotions during labour
- understand labour and birth
- when to come to hospital
- tools for support person to be useful in labour
- breathing, relaxation and visualization
- natural and medical pain relief options
- awareness of unexpected events before and after labour and birth
- dispelling myths
- the hours following birth
- newborn behaviour- what to expect
- physical and emotional changes in the first week
- breastfeeding, infant feeding
- resources for new parents
- maintaining your relationship



CHILDBIRTH BY CAESAREAN SECTION, PARENTING, AND INFANT FEEDING CLASS- LEARN ABOUT:

- understand birth by Caesarean section
- pain management
- skin-to-skin with your baby
- post operative care
- how your partner/support person is involved in the birth
- dispelling myths
- the hours and days following birth
- newborn behaviour- what to expect
- physical and emotional changes in the first week
- breastfeeding, infant feeding
- resources for new parents
- how the body prepares for labour
- maintaining your relationship
- *Private class only*



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Please call for up-coming dates and to reserve your spot