



Helensville Birthing Centre Antenatal Classes Outline

Congratulations on your pregnancy!

The HBC Antenatal classes aim to empower women and whanau by delivering up to date evidence based information and promoting informed decision making. We aim to deliver information in a fun and interactive way from a non-biased view point.

We are funded by the Helensville District Health Trust and the Waitemata DHB, therefore there are certain topics that we are required to cover. As these topics may have been covered by your midwife already we have tried to give this information in the form of handouts to save time in class. If you have any questions about certain topics, please feel free to ask.

Class One

This class covers late pregnancy, the importance of support, the importance of the partner's role, community facilities and services, late pregnancy concerns, the importance of the birth place, normal early labour, normal labour and birth, birth of the whenua, perineal health, when to call your midwife and important things to consider in your birth plan. We also discuss how normal labour and birth link in with feeding your baby. You will receive a pack of information, including a Breastfeeding Booklet.

Class Two

This class's topics focus is on when things move outside of the realm of normal. We discuss sore nipples and how to avoid damaged nipples in the early days. Good positioning of mum and babe for optimal breastfeeding. Exclusive Breastfeeding, and the HBC Breastfeeding Policy is also discussed. We then move on to hormones of labour, pain relief options in the primary and secondary setting, rupture of membranes, induction of labour, artificial hormones, instrumental birth, caesarean birth, what to expect after birth and your postnatal stay.

Class Three

This class has a strong focus on the postnatal period. We discuss how things may change once going home, breastfeeding your baby, settling your baby, rashes, sticky eyes, choices for your baby such as vitamin K, immunisations, well child providers, newborn hearing screen, realities of newborn and baby behaviours, support groups, baby wearing and car seats. We usually also have a guest speaker - a new mum and partner, who have previously attended the HBC classes, speak about their experiences during pregnancy, birth and breastfeeding.

At the end of each block of classes we ask that everyone fill out a feedback/evaluation of the classes. This helps us identify any areas that require more focus/attention, if the content is suitable etc. It also helps with our funding and ongoing support for our classes. If you have any questions or comments please feel free to contact us at lc@helensvillebirthingcentre.co.nz