



Helensville Birthing Centre Pregnancy and Parenting Classes Outline

Congratulations on your pregnancy!

The HBC Pregnancy and Parenting 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.

Classes are held at Te Whare Oranga o Parakai (5 Rere Place, Parakai), in the Tui room and start at 9:30am. Classes run over three consecutive Saturdays and typically run for 2-3hours depending on the session.

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. The specific content of each class may change, however the following is what you can expect:

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.

Class Two

This class's topics focus is on when things move outside of the realm of normal. We talk about, the 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 have a guest speaker (mum, dad and bub) who are there to share their pregnancy, labour & birth and journey in to parenthood with you. They are able to answer any questions or worries you may have about your future journey. 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.

At the end of this 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

Caring For Your Pēpi

This session is an opportunity to meet with other parents, and chat with a Lactation Consultant, on a Wednesday morning as part of the fortnightly coffee mornings. The topic covers your postnatal support and information sources, with a focus on breastfeeding and parenting of your newborn.

For more info see <http://www.birthcentre.co.nz/support/breastfeeding-support/> or <https://www.facebook.com/groups/helensvillebirthingcentrecoffeegroup/>

For more information or comments please feel free to contact us at qa@helensvillebirthingcentre.co.nz