



## PREGNANCY AND PARENTING CLASSES OUTLINE

**Venue:** Drake Village, 67 Commercial Road, Helensville  
**Times:** 6:00 pm – 8.30 pm - Thursdays  
9.00 am – 3.00 pm - Saturdays  
**Dates:** As advertised on the website and confirmed via email

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### ***Congratulations on your pregnancy!***

Attending Pregnancy and Parenting classes is a great way to prepare for the arrival of your baby. Getting to know others who are traversing the same journey can be invaluable.

These classes aim to inform and empower by discussing up to date evidence based information and promoting informed decision-making. We aim to deliver non biased information in a way that is relaxed and interactive.

The Helensville District Health Trust and the Waitemata District Health Board fund the classes therefore we are required to cover certain topics. Your Midwife may have covered some of these topics already, so we give much of this information in the form of handouts to save time in class. If you have any questions or concerns about certain topics, please feel free to ask.

The specific content and order of the sessions may change, however the following is a brief guide for what you can expect:

#### **Class One – Thursday evening**

This class covers normal labour and birth, when to call your Midwife, and important things to consider in your birth plan. We will talk about the significance of the choice of birthplace, the importance of support and your partner's role.

#### **Class Two – Saturday morning**

This session focuses on when things might change. We will talk about labour induction and augmentation, instrumental birth and caesarean birth. We will talk about pain relief options and informed consent.

#### **– Saturday afternoon**

After lunch we focus on you and your baby's first few days, including recovering from the birth, normal baby behaviours, getting started with breastfeeding, initial challenges, providing support, and your 'postnatal stay' wherever that might be.

#### **Class three – Thursday evening**

We discuss how things change as the days and then weeks go by, adjusting to parenthood, and caring for your baby. We discuss 'baby wearing', rashes, sticky eyes and car seats. We also discuss new born hearing screening, immunisations, and your ongoing support including Well Child Providers.

*At the last class we ask everyone to fill out a feedback/evaluation form. This helps us identify any areas that require more focus/attention. It also helps with the funding and ongoing support of our classes.*

For more information see: <https://www.birthingcentre.co.nz/pregnancy-and-parenting-class-information/>  
Please feel free to contact us at [bookings@helensvillebirthingcentre.co.nz](mailto:bookings@helensvillebirthingcentre.co.nz)