



Antenatal classes build confidence

While having a baby is a wonderful experience, it is also a life changing and sometimes stressful event. Traditionally, people living in a western culture have very little exposure to birthing and babies, so getting correct information from a trusted source can help dispel myths and put parents' minds at ease. By preparing for your baby's birth and your life after baby's arrival, the transition to parenting may be easier, as you will have more information and be more confident in your choices.

North West Private Maternity Services Manager Kim Pickering believes antenatal classes are an invaluable way of preparing emotionally and mentally for the arrival of your new baby.

"We run our classes on weeknights and on weekends to enable both parents to attend and gain a better understanding of the major life changing experience they are about to go through," she said.

"Our classes cover labour and birth options such as elective caesarean sections, postnatal care of mum and baby, parenting skills, breastfeeding and even physiotherapy information.

"They are run in a relaxed, friendly manner that invites both parents to get involved and ask questions to help increase their confidence as they gather information and plan for their baby's arrival."

Kim said attendees also found it comforting to interact with other parents at a similar stage in their pregnancies.

"Many new parents can feel apprehensive about the birth process and it is sometimes a relief to realise that you are not the only one with questions or concerns. We cover every aspect of birth from what to bring to hospital and what to do when you go into labour through to interventions that might be required such as induction, assisted delivery or caesarean.

"Being armed with the correct information from an experienced professional helps put parents minds at ease and allows them to go through the remainder of their pregnancy with more confidence."

North West Private antenatal classes are run over a three week period with each session running for three hours. Bookings are recommended by 15 weeks gestation to ensure a place in a course well before your due date.

For more information on our antenatal classes or for booking information click [here](#).