

Childbirth Preparation Courses

2008



in English

centrally located in The Hague

great
expectations.nl



Pregnancy, Labour and Early Parenting

**A practical, fun and informative course
for you and your partner**

Standard evening course: 7 weeks and postnatal baby reunion. Included are factsheets and refreshments. Postnatal and breastfeeding support.

Intensive weekend, private, refresher, baby massage and First Aid courses for babies and young children available on demand.

To find out more and to book your course, visit
www.greatexpectations.nl.

Contact Tina Keogh by phone 06 50 634 434, or by email
tina@greatexpectations.nl.

Week 1

The Dutch maternity system – fact and fiction. Exploring anxieties about labour and parenting. Changes in the woman's body during labour and a brief overview of the three stages of labour.

Week 2

The early signs of labour. Going to hospital. What is labour like physically and emotionally? How will you cope? Discussing what methods of pain relief are available in The Netherlands, both self-help and drug-related. Examining the pros and cons of each.

Week 3

Why do women have pain in labour? Changing our attitude to pain. How do breathing techniques actually work? Avoiding hyperventilation. The importance of relaxation. An introduction to massage in labour. Second stage – what do you feel physically and emotionally? What is a birth really like? What will you see?

Week 4

Why breastfeed? Current research. How to get the baby to latch on correctly. What to expect in the first few days? What physically happens internally in the breast? How do I know my baby is getting enough? Tips for avoiding infections. Expressing and storing milk. Going back to work.

Week 5

Do my waters need to be broken? What happens if my baby is overdue? What is involved in an induction? How does epidural or pethidine affect my labour? When are forceps and ventouse used? Recap on breathing techniques and massage.

Week 6

Time management with a newborn – how does this impact upon our lifestyle? Postnatal changes – physical and emotional. How can men support their partners in labour? When is a caesarean necessary? Recovery after caesarean.

Week 7

What is postnatal depression? Where can I seek help? Labour rehearsal, recap on what has been learnt. What will you worry about in the early days, e.g. SIDS, crying and colic? Postnatal support and emergency services.

COST

€180.00 per couple including VAT at 19%