

Antenatal Classes in Hillingdon



Expecting a baby is a time of great change: exciting, confusing, sometimes stressful for the mother to be, her partner and family. NCT (National Childbirth Trust) antenatal classes are designed to enable you to explore your concerns, ask questions and find solutions in the company of others going through the same experience. Exploring the processes of labour, birth and early parenthood can really boost your confidence and help you to make the decisions that are right for you. NCT teachers do not tell you which choices to make; the emphasis is on providing information so that you can make the choices that are right for you.

What do antenatal classes offer ?

Although the courses on offer have different formats and different styles of teaching, most of the courses will cover:

Physical and emotional changes in pregnancy

Many changes are taking place at this time, it may be very beneficial to discuss what you are experiencing with other pregnant women and their birth supporters.

3 stages of labour

This is about looking at labour as a normal event in a woman's life, encouraging her to work with her labour partner and midwife, to trust her body to do what it is designed naturally to do. It's about dispelling the myths around childbirth and instilling confidence.

Relaxation Techniques

In order for labour and birth to progress well it is advantageous that a woman and her birth supporter feel relaxed and are able to reduce any tension they might be feeling. Therefore time will be spent in promoting relaxation techniques and discussing their benefits.

Breathing awareness

A number of different breathing techniques will be practised during classes. These can be very useful to help women work with powerful contractions.

Role of birth supporter

This is an exciting time for the birth supporter but possibly a daunting one too. Therefore time will be devoted to discussing this important role.

Informed Decision making

During the transition to parenthood there are many decisions to make. Class members will have an opportunity to discuss some of the issues that affect them. Making informed choices and communicating effectively with health professionals will be addressed.

Positions for labour and birth

It is well established that the position a woman adopts in labour is significant. Time will be spent practising positions so that women and their birth supporters will feel confident in using them.

Pain relief options

The advantages and disadvantages of each method of medical pain relief will be discussed.

Medical Interventions

The following will be explored: induction, foetal monitoring, Ventouse, forceps and Caesarean Section.

Breastfeeding

Each course includes a breastfeeding class, usually facilitated by a local breastfeeding counsellor.

Early Parenting

A number of areas will be explored, these may include changing relationships, crying babies, sleeping, postnatal depression, changing priorities.

NCT antenatal classes will assist you in making informed choices at this important time, and help you towards a positive birth experience.

How and when to book

Phone: 0870 423 9263
Monday to Friday 9am to 5pm

Email: www.bookings5c@nct.org.uk

If you have any difficulty booking your course please call: 0870 421 4730