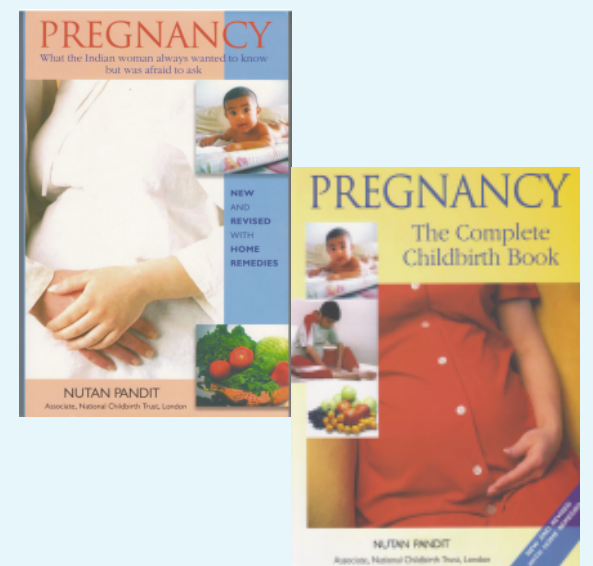


# FERNANDEZ HOSPITAL

invites all mothers-to-be  
to

## The Nutan Pandit Lamaze Programme for Childbirth (Natural Childbirth Classes)

28th January– 2nd February, 2008,  
at the Conference Hall,  
LJF Block, Fernandez Hospital,  
Hyderabad.



### TOPICS COVERED IN THESE SESSIONS

#### CLASS 1

- Introduction
- Nutrition
- Anatomy
- Ways labour might begin
- Positions for labour
- Diet in labour

#### CLASS 2

- Body's design for birth
- Prenatal exercises
- Breathing for labour
- Relaxation for labour
- Long relaxation

#### CLASS 3

- Breathing for labour (second stage)
- Relaxation for labour
- Positions for labour
- Stages of labour
- Long relaxation

#### CLASS 4

- Breastfeeding
- Contact at birth – Father's role
- Hospital routine
- Breathing for labour
- Relaxation for labour
- Positions for labour

#### CLASS 5

- Baby Care – Father's role
- What to carry to hospital
- Breathing for labour
- Relaxation for labour
- Positions for labour

#### CLASS 6

- Postnatal exercises
- Massages for labour – Father's role
- List of options

### COURSE BOOKINGS

Timings : 5.30 – 8.30 p.m.

Fees : Rs. 5,000/-

Mode of payment : By Cash / DD only  
(DD to be made in favour of "**FMH Educational & Research Foundation**", payable at Hyderabad).

Please Note: Classes are only for mothers-to-be in their fifth month of pregnancy and beyond.

### CONTACT DETAILS

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**Classes will be conducted by : Ms. Nutan Pandit, Childbirth Counselor,  
Natural Childbirth Centre, New Delhi.**