

BIRTH WITHOUT FEAR



A Series of Childbirth Classes for Expectant Moms and Dads!

F FERNANDEZ
HOSPITAL



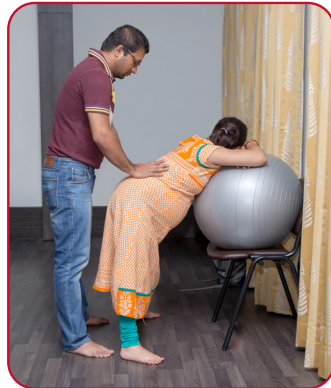
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F FERNANDEZ
OUTPATIENT CLINIC

Units of **FERNANDEZ** FOUNDATION

Why should you attend the Childbirth Classes

- Builds your confidence and enhances the ability to give birth
- Helps you overcome the fear of childbirth
- Maximizes your chances of having a natural and satisfying birth experience
- Helps nurture confident birthing and partner support
- Empowers you to make informed choices about birthing
- Educates and motivates you to follow a healthy lifestyle to keep pregnancy comfortable and make a smoother postnatal recovery



"Birthing should be one of those unforgettable experiences in your life; not the most fearful..."

What happens in a Childbirth Class

- Exercises, dietary tips and relaxation techniques are given for a healthy and comfortable ante – and postnatal period
- Provides information about normal pregnancy and labour
- Keeps you and your partner informed of the options available in medical interventions
- Equips you with a variety of coping strategies such as breathing control, relaxation, comfort measures, massage techniques, positioning in labour
- Teaches you healthy birth practices that promote natural birth
- Educates you on breastfeeding and postnatal care
- Addresses the importance of antenatal and postnatal mental health of the couple



A childbirth class also gives you an opportunity:

- To have your questions answered by an expert.
- To discover how to work more effectively with your care provider so that together you can make informed choices about your Birth Preferences.



CHILDBIRTH CLASSES **ARE ALSO** **AVAILABLE IN** **HINDI AND TELUGU**

To Register for
CHILDBIRTH CLASSES
 please contact +917337320895
 One on One Class also available

CLASS	DAY & TIME	TOPIC
CLASS I (16 wks and above)	Saturday 10:30am - 1:00 pm	"Diet and Lifestyle Changes" Antenatal Mental Health; Antenatal Exercises
CLASS II (30 wks and above)	Saturday 3.00 pm - 5.30 pm	Labour and Pain Management; Comfort Measures; Breathing and Relaxation Techniques
CLASS III (33 wks and above) only after they attend class II	Sunday 10.00 am - 12.30 pm	Massage Techniques; Movement and Positioning in Labour; Caesarean Role Play; 6 Healthy Birth Practices
CLASS IV (after attending classes II and III)	Sunday 2.00 pm - 4.30 pm	Breastfeeding Basics; Postnatal Mental Health; Episiotomy / Perineal Care; Basic Newborn Care