



PRENATAL CLASSES OVERVIEW

CHAPTER 1

- Introduction and Registration
- Physical and Emotional Changes
- Signs of Pre-labour
- Nutrition

CHAPTER 2

- Pain and Pain Theories
- Onset and Stages of Labour
- Comfort Measures
- Labour Positions

CHAPTER 3

- Pain Management
- Medical Interventions During Labour
- Caesarean Sections
- Birth Plans

CHAPTER 4

- Breastfeeding

CHAPTER 5

- Post-partum Physical and Lifestyle Changes
- Newborn Procedures, Appearance and Communications



** Order subject to change.*