Antenatal Class
From Pregnancy to Parenthood
You are about to experience **CHILDBIRTH** an important and wonderful journey of your life.

With this in mind, the antenatal class aims to help you and your partner to prepare for the experiences ahead as a new parent. It is also an excellent way to meet with other parents-to-be, and to share support and information with them.

We will cover topics on labour and delivery, maternal nutrition, exercise, as well as provide practical advices on how to care for your baby in your journey to parenthood.

Our programme comprises of seven (7) comprehensive lessons. The lessons will allow you to raise any questions and concerns you may have with our midwives, physiotherapist, dietitian and parent-craft educator.

**A 7-Lesson Course for Parents-To-Be @S$268**
(From 12th week of Pregnancy)

### Schedule and Topics

1. **Pregnancy Changes**
   - Physical and emotional changes in pregnancy
   - Coping techniques
   - The 40-week journey

2. **Maternal Nutrition**
   - Nutrition for mum and baby

3. **Exercise During & After Pregnancy**
   - Massage and relaxation
   - TENs machine and labour

4. **Labour & Delivery**
   - Signs and symptoms of labour
   - Pain relief options in labour
   - Types of delivery
   - Admission to delivery suite

5. **Post Delivery Care**
   - Physical care
   - Psychological care

6. **Breastfeeding Preparations & Other Common Concerns**

7. **Know About Your Newborn**
   - Characteristics and appearance of newborn
   - Caring for your newborn
   - Bathing your newborn (demonstration)

### Details

**Venue:** Raffles Hospital, Level 11, Learning Centre  
**Time:** 6.30pm to 8.30pm  
**Date:** Every Tuesday *(except if class falls on a Public Holiday)*

**Registration**

At registration, full payment of $268 per couple (GST included) will be collected.

For couples who have had a baby and only require refresher lessons, the fee is $98 (2 lessons)*, $138 (3 lessons)*, $168 (4 lessons)*.

Register at Raffles Hospital, Level 12 Raffles Women’s Centre. *excluding lesson 3.

**Attire**

Comfortable clothes, shoes and pants for exercise.

**Cancellation**

- Any cancellation has to be made in writing 7 working days before the commencement of the programme.
- Cancellation is subjected to a fee of $53.50.

For more information, please contact Raffles Hospital, Ward 8 at 6311 1508 or email us at enquiries@raffleshospital.com.