

Preparation for Birth in English

Six sessions over one weekend (9 hours including breaks)

Saturday 10h-16h

Session 1 Presentation of participants
10h-10h45 Pregnancy hygiene

Coffee 10h45-11h

Session 2 Early labour
11h-12h30 Labour-induction, stimulation, pain relief
Choice of delivery site (home, hospital)

Lunch 12h30-13h15

Session 3 Delivery
13h15-14h30 Early postnatal period

Tea 14h30-14h50

Session 4 Coping with pain, breathing, positions, massage
14h50-15h50 Role of the partner

Questions

Close for the day 16h

Sunday 10h-13h

Session 5 Feeding
10h-11h30 Early post partum period

Coffee 11h30-11h50

Session 6 Returning home
11h50-12h45 Baby care and introduction to massage
Re-education of the Pelvic Floor (Kegal)

Questions

Close at 13h