



CENTRE FOR
**Women &
Children**
LIFELINE HOSPITAL



Antenatal Classes



YOUR LIFELINE TO QUALITY CARE

Congratulations on your pregnancy

Having a baby is an exhilarating experience which requires special care. Hormonal and physical changes can make this important milestone a bit daunting, even though it may not be your pregnancy.

Our antenatal classes are designed bring ease during this delicate phase by facilitating your understanding of what you could experience and prepare you to receive your bundle of joy.

You will learn about the changes in the body that will ensue and also what to expect in the early days of your child's life. Tips and techniques will be shared on a host of topics such as easy labour and delivery, breast feeding, care for the newborn, bonding with the new arrival and vaccinations.

These carefully designed sessions are aimed to prepare the entire family for the new arrival and hence we strongly encourage you to bring your partner along as well for these classes.

For registration and timings please contact the main reception



SESSION ONE - BIRTH AND PAIN RELIEF

- Welcome and orientation. Pregnancy changes. Hospitals and when to go in. What to expect on arrival.
- Abdominal palpating. Fetal positions AND Fetal monitoring. Signs and symptoms of labour. KMC and the baby at birth.
- Amniotic sac and liquor - SROM. Placenta. The pelvis.
- Cervical changes in labour. Labour stages and mechanism of birth. Episiotomy.
- Induction of labour. Prostin. AROM. Augmentation. Forceps. Vantouse
- LSCS
- Regional Anaesthesia
- Pain and Natural Pain Relief
- Gas and Air. TENS. Narcotics

Duration time 5 hours

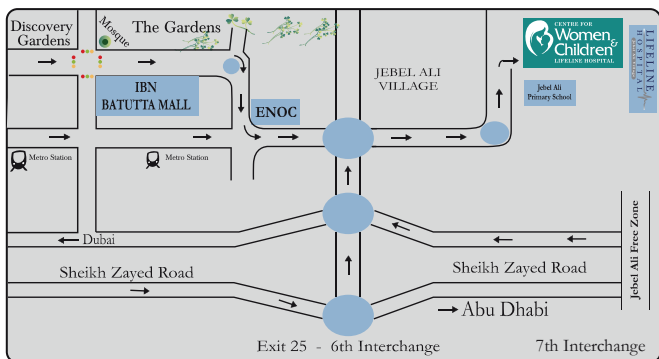
SESSION TWO - BABY AND FEEDING

- Welcome and orientation. What does your baby look like? At birth and routine tests, hospital procedures
- Little boys and little girls. Urine and stool. Cord care. Jaundice.
- Vaccines. SIDS. Bathing. Stuffy Noses. Blocked tear ducts. Cradle cap.
- Safety. Products.
- The breast and milk production. What to expect in a feed.
- What affects a feed? Problems.
- Latch on
- Bottlefeeding

Duration time 4 hours

Refreshments and reading materials will be provided.

To book an appointment
Call 04 884 5666
Toll Free 800 HOSPITAL [800 4677 4825]



24/7 Emergency Care and Ambulance Service Available

Open Everyday
Including Fridays & Public Holidays

6th Interchange (Exit 25), Adjacent to The Gardens
Near Ibn Battuta Mall, Next to Jebel Ali Church
GPS: 25°01'47.42"N 55°06'53.02"E

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