***Princess Anne Hospital***

***Maternity information programme in***

***preparation for parenthood***

***What is it?***

The maternity information programme provides a variety of opportunities for women and their partners to access information aimed at preparing them for labour, birth and the early weeks of parenthood.

***Who is it for?***

All expectant mothers and their partners. These are available free of charge (although we ask for a voluntary contribution to attend the water birth workshop).

***Parent information evening***

You are invited to attend a parent information evening. This is a one off exhibition and presentation, offering early and mid-pregnancy advice and information. There is no need to book for this session, just turn up. You are welcome to bring someone with you.



Parent information evening

A friend or partner is also welcome.

E level, outpatients department

A guide to pregnancy and preparing for your baby

Meet lots of different outside exhibitors with essential information for pregnancy and birth.

Presentation starts at **7pm** on how to keep healthy and what to expect during your pregnancy.

FREE PRIZE DRAW



On every first Tuesday of the

following months:

February, April, June

August, October and December

**No need to book!**

**Please be aware it is your responsibility to book your own maternity information programme. The earlier you book classes the more choice will be available to you.**

**Please also be aware that spaces for antenatal classes are very limited, so unfortunately we are not always able to accommodate places on courses.**

***Maternity information programme***

**What’s on offer?**

***Preparation for birth and beyond***

‘Preparation for birth and beyond’ (PBB) enables you to prepare for labour, giving birth and meeting your baby, through a series of workshops facilitated over a four or five week period, or as a ‘one day’ course, depending upon your personal preference.

Through a variety of interactive activities you will be given the opportunity to:

* Consider the influence labour, giving birth and caring for your baby has on your own health and well-being.
* Explore the practical and personal changes that men and women face when they become mothers and fathers. This will enable you to focus upon your personal strengths and the existing resources you have to enable you to cope with the transition to parenthood.
* Understand the choices available to you when planning and preparing for labour and throughout your birth journey. This will also enable you to explore the circumstances in which mothers and babies need additional support.
* Develop an understanding of your baby’s physical and emotional needs, as well as the practical skills necessary to look after your baby and keep him/her safe.
* Identify the support available to you both throughout your birth journey and after your baby is born.

The informal approach adopted within these workshops will also enable you to meet other expectant parents and give you the opportunity to ask any questions you may have.

* In addition to the basic PBB, there are a number of separate, complimentary workshops available to you and partner. You are welcome to select the PBB workshop and any of the extra subjects that are of particular interest to you.
* Bookings for classes can **ONLY** be made on completion of this form. **NO** telephone bookings are taken. Please send or bring in your completed form to the address on the booking form, at the back of this programme. If you need to find out more telephone the maternity information and support services open from 8am-4pm on **023 8120 6052**, leaving a message on the answer machine if the office is not open.

***Maternity led individual workshops***

We also have a number of specific workshops that you may like to book according to your needs:

* ***REFRESHER***

This one off workshop is for those who have already had a baby, but would like an update. This may be more appropriate than the four/five week course. Please note this workshop is during the day, there are no crèche facilities available, and we are unable to make provision for any children.

* ***BREASTFEEDING***

This one off workshop enables mums to be to receive information and advice to prepare for breastfeeding. Please feel free to bring along a partner, family member or friend unless otherwise stated on your confirmation letter.

* ***MULTIPLE BIRTH***

This workshop is for parents expecting more than one baby. It covers care in pregnancy, labour, birth and a tour of the neonatal unit. This is run with the help of members of the local twins club who offer help and advice to prepare you for early parenthood.

* ***WATERBIRTH***

This workshop is ideal if you are considering using the pool for either labour and/or to give birth. We do ask for a small donation from you to attend this workshop.

* **VAGINAL BIRTH AFTER CAESAREAN (VBAC) WORKSHOP**

This workshop aims to give you the opportunity to discuss the advantages and disadvantages of both vaginal birth and caesarean section. Our recommendations for care in labour with an emphasis on achieving a vaginal birth will also be explored. This aims to ensure you are more knowledgeable and confident about this labour and birth and feel more in control about making decisions that affect you and your baby.

* **CONFIDENT BIRTHING WORKSHOP**

This one off workshop is for women and their birth partners considering birth in a midwife-led environment. It focuses on coping at home in the latent phase of labour, keeping birth normal and active and has special emphasis on water-birth

* **HEALTH IN PREGNANCY**

This workshop is available to all women. It focuses on maintaining or improving your health in pregnancy through giving diet, exercise and weight management advice. The aim is to promote a healthy lifestyle for you and your family throughout pregnancy and beyond.

* **HOME BIRTH WORKSHOP**

If you are considering a home birth, why not come along and meet the midwives that could be supporting you. During the workshop you will meet other parents who are planning to birth at home, you will meet women who have had their babies at home and you get the opportunity to discuss any concerns you have. Ideal time to attend the workshop is 25 weeks onward.

***Independent workshops***

***Southampton Family Community Trust (SFCT):***

**All Change**

**With so much going on come along to one of our workshops and explore:**

* What will this change mean?
* How will it affect my relationships?
* Communicating and arguing better
* When not to try and resolve issues
* Do you know your main love language?
* Telling someone what you want, without starting world war 3

(Please note, if you are booked onto a 5 weeks course at the Princess Anne the All Change workshop is already incorporated as week 5)

**Gro-brain course for early years attachment**

For expectant and recent parents

What’s in the course?

* Bonding and brain development
* ‘Tuning in’ to your baby’s signals
* Latest ideas on managing crying
* How to get baby chatting!
* Games to play with baby
* Stress management for adults

We do ask for a small donation for you to attend this workshop

For more information or to enquire about booking a place on the ‘Gro-Brain’/’All Change’ Workshops please contact the **Southampton Family Community Trust via**:

* Email - info@scft.org.uk
* Phone – 023 8021 6003 – Do not call this number to book Princess Anne antenatal classes, only call to book Southampton Community Family Trust’s Workshops.
* Our website- [www.scft.org.uk](http://www.scft.org.uk)
* Address- Southampton Community Family Trust, SVS, Kingsland Square, St Mary Street, Southampton, SO14 1NW

 **Gro-brain and All Change sessions are provided by the Southampton Community Family Trust *and not the Princess Anne Hospital. Due to this there will not be any midwives present at these workshops*.**

**SAVE A BABY’S LIFE**

This one –off workshop is run by medical students from the University of Southampton. Sessions will run in the evening for about an hour and will offer the chance to learn infant basic life support skills including dealing with choking. Partners are welcome to attend. Places on this workshop are very limited. If there is no availability on it for you, you could check online for organisations running sessions in your area.

***More maternity information***

*If you would like to know more, please follow the links or QR codes below.*

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[www.uhs.nhs.uk/ourservices/maternityservices/maternityservices.aspx](http://www.uhs.nhs.uk/ourservices/maternityservices/maternityservices.aspx)

Here you will find out lots of information about our service, including patient information factsheets. Just follow the links on the home page and explore.

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[www.mybirthplace.org/southampton](http://www.mybirthplace.org/southampton)

Choosing where to have your baby is a very important decision. This site/app will give you information to help make the right decision for you and your family.

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[www.what0-18.nhs.uk](http://www.what0-18.nhs.uk)

## **This site/app has very useful information for pregnancy and birth.**

## **Improving the quality of care for children and young people in Wessex.**

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*If you do not have access to the Internet at home, you can use it in public information centres such as libraries, Internet cafes, cyber centres etc.*

*Maternity Information Booking Form*

TITLE: MISS/ MRS/ MS/ DR NAME: …………………………………………………………….

 YOUR DATE OF BIRTH: .................................. BABY’S DUE DATE: …………...............................

ADDRESS: .......................................................................................................................................

......................................................................................... POST CODE:.........................................

TELEPHONE NUMBERS: (H) .................................................... (Mob) .............................................

EMAIL ADDRESS: .............................................................................................................................

NHS or Hospital Number............................................................ FIRST BABY? YES / NO

GP’s Surgery ...................................................................... TODAY’S DATE: ...............................

**WHAT WOULD YOU LIKE TO BOOK ONTO?**

# PBB FOUR/ FIVE WEEK COURSE (One day each week) YES / NO

PBB ONE DAY WORKSHOP YES / NO

BREASTFEEDING YES / NO

HOMEBIRTH WORKSHOP YES / NO

WATERBIRTH YES / NO

REFRESHER (Not needed if doing VBAC workshop) YES / NO

MULTIPLE BIRTH (If you are expecting more than 1 baby) YES / NO

# VAGINAL BIRTH AFTER CAESAREAN WORKSHOP (VBAC) YES / NO

# CONFIDENT BIRTHING WORKSHOP (INCLUDES WATERBIRTH) YES / NO

# HEALTH IN PREGNANCY (For early on in pregnancy) YES / NO

SABL (Not always available) YES / NO

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| **You will be allocated classes dependant on your teams’ provision.**(Please turn over for the list of where your team maternity information sessions are held. If you are **not** under the care of a Southampton team of Midwives, you will need to contact your own Midwife). |
| **Classes take place in the following venues:**Princess Anne HospitalNew Forest Birth CentreCutbush Childrens Centre (Townhill Park) |

Please return this completed form to **Maternity Information and Support Services, Mailpoint 614**

**F92, F Level, Princess Anne Hospital, Coxford Road, Southampton, SO16 5YA**

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| *Location* | *Subject* | *Time* |
| Cutbush Sure Start Children’s Centre  | PBB4 WEEK COURSE | EVENING |
| New Forest Birth Centre | CONFIDENT BIRTHING BREASTFEEDING4 WEEK COURSE (EAST TEAM) | EVENING |
| Princess Anne Hospital | PBB 5 WEEK COURSE | EVENING |
| Princess Anne HospitalSaturday | HEALTH IN PREGNANCYPBB (IN ONE DAY) | MORNINGALL DAY 10am-4pm |
| Princess Anne Hospital | BREASTFEEDING | MORNING &EVENING |
| Princess Anne HospitalThursday | MULTIPLE BIRTHWATERBIRTHVBACREFRESHERCONFIDENT BIRTHING | EVENINGEVENINGMORNING/EVENINGMORNINGEVENING |
| Princess Anne Hospital | HEALTH IN PREGNANCY | EVENING |
| Venue to be confirmed | HOMEBIRTH WORKSHOP | EVENING |

 \*PBB – Preparation for Birth & Beyond

 \* VBAC – Vaginal Birth After Caesarean

**For enquires, call 023 8120 6052- bookings cannot be made on this number, all bookings are made by sending in the form overleaf.**