

Parent information evening

Programme	Exhibitors
<p>7.00pm Introduction</p> <p>7.05pm Antenatal classes - what's in it for you?</p> <p>7.10pm Choices for childbirth Antenatal checks - what to expect</p> <p>7.15pm Your health in pregnancy (1)</p> <ul style="list-style-type: none"> • The early weeks - feeling grim. • Healthy eating - eating for 2? • Smoking - why not? • Rest and exercise - to do, or not to do. • Obstetric physiotherapist - lighten the load. • Health visiting team • Remaining healthy • Changes within the maternity service <p>7.45pm Refreshment break and visit stands</p> <p>8.10pm Your health in pregnancy (2)</p> <ul style="list-style-type: none"> • Vaccinations - flu and whooping cough • Hand hygiene • Travelling whilst pregnant - advice for going on holiday • Mother car safety - are you driving safely? • Infant car safety - what, why and when? • Medicines and alcohol - dos and don'ts • Sex in pregnancy - can you, cant you? <p>8.25pm Prize draw - it could be you!</p> <p>8.30pm Finish</p>	<ol style="list-style-type: none"> 1. Health visitors 2. Fetal models 3. New Forest Birth Centre 4. Healthy Eating 5. Waterbirth 6. Physiotherapist 7. National Childbirth Trust 8. Children's Information Service 9. Parent Education 10. Hypnobirthing 11. Southampton Real Nappy Network 12. Maternity information 13. La Leche League 14. Aloe Vera 15. Research and exercise 16. Mozarteenies Music <p>*Occasionally exhibitors may vary The selection of exhibitors does not signify that the Trust endorses their commercial products in any preferential way.</p> <p>Friends and Family Test Don't forget to leave your feedback, it's a great way to help us evaluate our services and offer the best possible care to women and their families in our area.</p> <hr/> <p>All of our patient information is available to view on: www.uhs.nhs.uk/maternity or use the QR code.</p> 