

Antenatal Classes For Fathers-To-Be

This one day class aims to redress the balance by focusing on the information and support needed by the male partner in pregnancy.

Men are practical; what they need to know is the why of each step, and how to make a solid practical difference to the birth of their child and the experience of their partner.

Topics we will cover include:

- Emergencies during birth: what can happen, what questions to ask, and what can you do about it if there are no medical personnel in the immediate vicinity
- How to touch your partner during birth in a way that will help, not hinder
- Options for birth: what is and isn't allowed by way of a home, birthing unit or labour ward birth.
- What options through labour and birth is the woman able to access in terms of pain relief
- Ways to avoid intervention in a manner which is appropriate, preventative and safe for the baby
- When to stand up and when to suck up to your healthcare provider to get the answers and support that is your right
- Induction: NICE guidelines vs. Hospital Policy

And more....

For more information, please contact Naava Carman through the [Contact Us](#) page of this site.