

Hypnobirthing @ Harrogate

Hypnobirthing courses run by experienced Harrogate Midwives. Held the first 2 Saturdays on the month at Saltergate Children's Centre, Newby Crescent, HG3 2TT.

Cost £110 per course.

If you would like more information, **or to book a place** please contact Kathy McClune or Rachel Robson hypnobirthing@hdft.nhs.uk

Antenatal Breastfeeding Workshops

Women only, midwife led groups, learn about breastfeeding with lots of practical advice, run from Harrogate Town Children's Centre, Wetherby Road, alternate Fridays 10-11am. Attend at any point in your pregnancy to suit you. **Please take note of this number to self-book- 01609 535753** at a point in your pregnancy to suit you.

Also available at Ripon (contact parent.education@hdft.nhs.uk for more details.

Updated May 2019- RR

Did you know there is a 'Harrogate Maternity, Mums and Midwives' Facebook page?

Please take a look for advice and updates and access an Online Tour Video introducing you to our unit and facilities.

Please also take a look at our HDFT website under Women's Services- Maternity Services to access many helpful leaflets about pregnancy, birth and beyond (www.hdft.nhs.uk) under Departments/ Womens Services/ Maternity Services/ Leaflets

Please complete and post back to:

Community Midwives Office

Antenatal Clinic

**Harrogate and District NHS
Foundation Trust**

Lancaster Park Road

Harrogate

HG2 7SX

By 16 weeks



**Harrogate and District
NHS Foundation Trust**

Birth & Beyond



**Midwife-led Parent Education
& Preparation Classes**

Everyone welcome!

Active Birth:

Our Active Birth Classes discuss the stages of labour and how you can manage both at home & in hospital. Learn about key hormones & how your birthing body works. Find out more about remaining upright and active in labour whilst discovering the benefits of massage, relaxation & the use of warm water. Explore your expectations about labour & discuss the role of the birth partner.

Pain Management and When Nature Needs a Hand:

Discover more about your pain relief options both at home & in hospital. This course aims to offer you information for the times when nature may need a hand e.g. learn about the induction of labour & assisted deliveries.

Meeting your Baby and Early Days:

Discover what to expect from your new baby & how to care for him or her. Explore how relationships may change during the transition to Parenthood. Learn about the importance of Breastfeeding. Find out all about attachment & bonding, and how this affects your baby's development. Receive practical advice including how to bathe your baby, feeding, winding & looking after yourself.

Evening Classes:

The classes are held in the **Antenatal Clinic** at Harrogate Hospital between **7pm-9pm** on **Mondays and Thursdays** and will run over **three consecutive** weeks.

Please select the classes you would like to attend and circle above your 1st preference for the day:

- Active Birth
- Pain Relief and When Nature Needs a Hand
- Meeting Your Baby and The Early Days

OR

Saturday Workshop:

Saturday Workshops are available incorporating all three classes into one day from **9.30am-4pm** (**Limited places available, if overbooked, you will be offered an evening class place instead**).

- Saturday Workshop at Harrogate**
- Saturday Workshop at Ripon**

(Please return to address printed on reverse)

NAME:

ADDRESS:
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PHONE NUMBER:

D.O.B:

HOSPITAL NUMBER:

DUE DATE:

A letter confirming the dates of your classes will be posted to you soon after your 20 week scan.

These classes are in high demand; if you cannot attend please let us know ASAP: parent.education@hdft.nhs.uk