

Should you not be able to attend because of any reason please contact the Maternity Bookings Coordinator as soon as possible.

For any queries or to book in please phone Kareena Private on 02 9717 0226 to speak to our Maternity Bookings Coordinator who is available to help you between 9am- 2pm Monday- Friday.



Antenatal classes

Patient Information



Kareena Private Hospital

86 Kareena Road

Caringbah NSW 2229

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www.kareenaprivate.com.au

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KAREENA
PRIVATE HOSPITAL

Why go to classes?

The Antenatal Education Program is designed to give you and your partner the knowledge and confidence to enjoy the future now that you are about to become parents.

The aim is to increase your understanding of the physiological events and psychosocial dynamics of pregnancy, childbirth and parenting.

Attending antenatal classes will assist you and your partner to make informed choices regarding your care and management during pregnancy, labour, delivery and the early postnatal days.

We want to make the transition to parenthood a positive one by preparing you for the changes you will face, equipping you with the skills to cope, and enabling you to make informed choices about your care.

More importantly, the support and encouragement that you will receive during this time will help promote positive relationships as you care for your baby in your new parenting roles.

Antenatal classes are also the ideal occasion to meet other couples and to develop support networks with others going through the same experiences.

Each session is designed to cover a variety of topics, and the classes are run by midwives who are extremely experienced in both maternity care and education. They will give you the opportunity to have any questions or concerns answered in a relaxed and informal environment.

When & where are the classes held?

There are two options for you and your partner to choose, and both are held in the Kareena Private Day Surgery Admission Lounge. The DSL is located on Level 2 of Kareena Private, 86 Kareena rd Caringbah 2229.

Classes are limited to a maximum of 8 couples per class.

- 4 consecutive weeknights from 7pm- 9:30pm,
- or 2 consecutive Saturdays 9am to 2:30pm.

Light refreshments are available.

What is covered in the courses?

Class 1 Childbirth- Normal Birth & Pain Relief Options

- Caring for yourself while pregnant
- An overview of labour stages
- Recognising the onset of labour
- How to time contractions
- When to come to the hospital
- Therapeutic and/or non-therapeutic options during labour & birth
- Preparing for labour / coping / relaxation strategies
- Postnatal care / contraception
- Pain in labour
- Medical forms for pain relief

Class 2- Obstetric Interventions Explained

- Induction of labour / augmentation of labour
- Maternal- Foetal monitoring
- Emergency birth / Caesarean Section
- Forceps assisted / vacuum extraction deliveries
- Tour of Birthing Suites

Class 3- Your New Baby

- Features of the Newborn
- Routine neonatal practices and education (Paediatrician's role)
- SIDS
- Immunisation, SWISH Hearing & Newborn Spot Test
- First few days of life
- Postnatal depression
- Postnatal care
- Special Care Nursery tour

Class 4- Infant Nutrition, Parenting and Discharge (please bring a teddy bear or doll for this class)

- Life with a baby
- Home and car safety
- Techniques to settle your baby
- Identify benefits of breast feeding
- Compare advantages / disadvantages of bottle feeding
- Community resources

How to book

We recommend you complete your classes at least a month prior to your expected delivery date, and we encourage you to book early as the classes fill quickly.

We suggest that you book when we contact you to confirm your admission with us, but your more than welcome to contact the Maternity Bookings Coordinator for booking information.

A \$300 fee will be payable when booking your classes, and may be claimed back from most Health Funds.

The payment secures your spot in the classes and at this time you will be given your antenatal pre-reading package. We ask you to please read this before the classes begin, and bring to each class you attend.