

Maternity Department

New Beginnings Antenatal Sessions

A healthy baby starts with a healthy pregnancy

Here at University Hospitals Coventry & Warwickshire we offer a range of sessions to support you through your entire pregnancy and into the postnatal period.

What can you expect from the session?

Early pregnancy session (8 – 14 weeks gestation)

- What to expect when you're expecting
 - Appointments
 - Coping with nausea & fatigue
 - Hormonal & body changes
- Lifestyle tips – Diet & Exercise
- Smoking Cessation
- Supplements and Vaccinations
- Chance to meet other pregnant women and families and build a peer network

Just for Dads Session

- Babies development
- Bonding techniques in pregnancy
- What to expect when your partners expecting
 - Antenatal appointments
 - Transition into parenthood
- Chance to meet with other dads and build a peer network



Patient Information

Labour & Birth Session PT 1 & PT 2 (31 – 40 weeks gestation)

- Choice in maternity
 - Birth location, Birth plans and infant feeding
- Importance of fetal movements in pregnancy
- Stages of labour
 - Latent stage, active stage, second stage and third stage
 - Monitoring of both mother & baby in labour
- High risk deliveries
 - Caesarean Section
 - Instrumental delivery
 - Induction of labour
- Signs of labour
 - When to call the midwife
 - Important signs & symptoms
- Coping mechanisms
 - Pain management, birth positions and role of the birth partner
- Preparation antenatal
 - Discussion around feelings / thoughts
 - Hospital bag
 - The importance of skin to skin
- Chance to meet with other pregnant women and families to build a peer network

Baby Care (34 – 40 weeks gestation)

- What to expect in the first few weeks postnatally
- Nappy Changing
 - Frequency
 - Changes in babies stools over the first week
- Bathing
 - Top and tail washing
 - Safe handling of baby whilst bathing

Patient Information

- Dressing
 - Temperature of baby – clothing
 - Blankets and Hats
- Safety within the home
- Safe sleeping
- Infant feeding
- Bonding with baby & skin to skin

Booking is essential to book onto these sessions and can be done via emailing the following address:

NewBeginningsAntenatal@UHCW.NHS.UK

If you do not have digital access to send an email you can book onto these sessions by calling the following;

Coventry Community Midwives Office – 02476 967 424

Rugby Community Office - 01788 663 184

The Trust has access to interpreting and translation services. If you need this Information in another language or format please contact us on 02476 967 424 and we will do our best to meet your needs.

The Trust operates a smoke free policy

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

| Document History | |
|-------------------------|-----------------|
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