

Maternity

New Beginnings Antenatal Sessions

A healthy baby starts with a healthy pregnancy

At UHCW, we know how important every part of pregnancy is, from the very beginning to after the baby is born. Antenatal classes help parents get ready for their new baby. These classes are fun and full of helpful information, so parents can feel confident and make good choices during pregnancy and birth. Our expert Midwife, Katie Hickman, runs these classes. You can join them online or in person.

We recommend parents take these classes in the last few months of pregnancy (3rd trimester).

We also offer an early pregnancy class for those between 12 to 16 weeks of pregnancy, to help them understand what's coming next.

You can see all our classes on our Linktree, Eventbrite page [UHCW Antenatal Education Classes Events - 17 Upcoming Activities and Tickets | Eventbrite](#) or you can email us at: NewBeginningsAntenatal@uhcw.nhs.uk

If you have any questions, we are always happy to help.

Topics that we cover

Part 1: Labour & Birth (In-Person class) - Weekdays and weekends

In this 2-hour class we discuss:

- Birth partners
- Early labour
- The stages of labour
- Birthing positions
- Monitoring your baby
- Pain relief
- Perineal care
- Induction of labour



Part 2: Postnatal Topics (In-Person class) - Weekdays and weekends

In this 2-hour class we discuss:

- Golden hour
- Postnatal guide to Ward 25
- Infant feeding and hand expressing
- Baby brain development
- Going home and Community Midwife (CMV) Visits
- Mental health
- Pelvic floor
- Parentcraft basics: Bathing baby, nappy changing, umbilical cord care
- Safe sleep guidelines

On Tuesday's, we have guest speakers from the Be Active Be Healthy team and Coventry Infant Feeding Team.

Online Classes

We also run classes online on Monday evenings from 7pm to 8.30pm using Microsoft Teams.

We cover the same topics as our in-person classes, just split over 2 weeks.

The Real Birth Company

The Real Birth Company is a fun and interactive online programme that helps parents feel confident and get ready for birth.

- It is free to access on your smart phone, tablet or computer.
- Use the QR code or this link: [RealBirth Workshop | Start Your Registration](#)
- It is available in lots of languages and BSL.
- Once registered, you can access it as many times as you like.



We are happy to offer this service to our families at UHCW.

Patient Information

Early Pregnancy Class

This class covers the time between the 1st and 2nd trimester.

During this class, we discuss:

- Common early pregnancy symptoms
- Keeping active
- Nutrition
- Fetal development
- Community midwife appointments
- Screening, scans, and vaccinations
- Mental health
- Keeping your baby safe
- Safety information
- Parenting support

Baby First Aid

During this class, we discuss:

- Aarons Heart
- Baby CPR
- Signs and symptoms of an unwell baby
- Preventing an accident
- What to do if your baby is unwell
- Car seat safety
- Safe sleep guidelines
- Baby First Aid
- British Red Cross

Other classes and support available

We work closely with other local services to support families in Coventry and Rugby. Some of those services include:

- Coventry Infant Feeding Team
- Warwickshire Infant Feeding Team
- MAMTA
- Specialist Health Visiting Team
- Talking Therapies
- Parents in Mind
- Coventry & Warwickshire Partnership Trust
- Positive Parenting Team
- Start 4 Life
- Coventry City Council
- Specialist Midwifery Teams

If you do not have access to email, you can book these by calling:

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

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

www.uhcnhs.uk/feedback



Document History

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