

Parent education workshops

We offer a range of parent education workshops to support you to prepare for labour and birth and to care for yourself and your baby.

The workshops are led by midwives, specialists and doctors from King's College Hospital and Princess Royal University Hospital.



Scan the QR code or [visit Eventbrite](#) to see the classes we offer and sign up. For further information, speak to your midwife or email kch-tr.parenteducation@nhs.net.



South East London Local Maternity and Neonatal System classes

Parent education in multiple languages



[Visit Eventbrite](#)

ARABIC: اللغة العربية

هل أنت حامل؟ انضم إلى فصل تعليم الوالدين العربي المجاني الجديد عبر الإنترنت الذي يستضيفه أخصائيو الصحة الناطقون بالعربية. استخدم رمز الاستجابة السريعة.

ESPAÑOL ¿Está embarazada? Únase

a nuestra nueva clase gratuita en línea de educación para padres en español organizada por profesionales de la salud hispanohablantes. Use el código QR.

FRANÇAIS: Êtes-vous enceinte?

Rejoignez notre nouveau cours gratuit en ligne d'éducation parentale en français animé par des professionnels de santé francophones. Utiliser le code QR.

PORTUGUÊS: Você está grávida?

Participe da nossa nova aula gratuita de Educação Parental em Português online conduzida por profissionais de NHS que falam português. Use o QR-Code.

For further information, email octavia.wiseman@nhs.net

You and your pelvic health

Advice and support for your pelvic health needs in pregnancy, during birth and with postnatal recovery. Scan the QR code or [visit Eventbrite](#) to sign up.

