

Parent Education

2023 schedule of workshops

CORE OFFER FOR ALL

- ☐ **WELCOME TO KING'S MATERNITY**
Join with your partner after your booking with the midwife. Learn about our service.

These workshops are run individually by King's College Hospital and the Princess Royal University Hospital (PRUH)

- ☐ **LABOUR AND BIRTH 1 - PHYSIOLOGY OF BIRTH**
Signs of labour, hormones of birth, active labour, pain relief options and more.
- ☐ **LABOUR AND BIRTH 2 - COMPLEX BIRTH**
Variations of normal and medical interventions for pregnancy and birth.
- ☐ **INFANT FEEDING**
Options and advice for feeding your baby from the specialist team.
- ☐ **BABY BASICS**
Practical advice for caring for your baby in the first few weeks. Know what to expect and where to find support.

NEW



SPECIALIST SESSIONS

- ☐ **COLOSTRUM HARVESTING**
Guidance on the expressing technique and storage of breastmilk.
- ☐ **INDUCTION OF LABOUR**
Learn more about why induction is offered and what the process involves.
- ☐ **TWINS AND MULTIPLES**
Your pregnancy care pathway, obstetric Q&A, midwife advice, neonatal unit tour.
- ☐ **BIRTH AFTER CAESAREAN**
If you've already had a caesarean birth, find out about the options, risks and benefits of vaginal birth or repeat caesarean?
- ☐ **BIRTH WITH CONFIDENCE**
Is this your first pregnancy? We'll share techniques and support for overcoming fear and anxiety about birth.
- ☐ **PELVIC HEALTH**
Specialist advice to prevent and treat incontinence and other pelvic disorders.
- ☐ **TALLER DE EDUCACION PRENATAL EN ESPAÑOL**
Reunión mensual informativa y social.
- ☐ **PREPARAÇÃO PARA A PARENTALIDADE EM PORTUGUÊS**
Encontro mensal para informação e socialização.
- ☐ **BLACK AND BLACK MIXED HERITAGE SUPPORT GROUP** NEW
This group meets in person at a midwifery clinic near King's College Hospital.
- ☐ **BIRTH LISTENING CLINIC**
Your midwife can refer you for a private consultation with our specialist midwives to discuss your birth experience.
- ☐ **POSTNATAL FORUM**
Attend after the birth to reflect and celebrate your birth experience. Facilitated by midwives.



Scan the QR code to register for workshops on Eventbrite

For more information

Email - kch-tr.parenteducation@nhs.net
<http://kchparenteducation.eventbrite.com>



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