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.

- **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.

**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.

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

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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