

Parent Education

2024 schedule of workshops



King's College Hospital
NHS Foundation Trust

Core Offer For All

- WELCOME TO KING'S MATERNITY**
Join with your partner after 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.

Specialist Sessions



NEW

- COLOSTRUM HARVESTING**
Guidance on the expressing technique and storage of breastmilk.
- HYPNOBIRTHING EXPRESS**
An introduction to using breathwork and visualisation tools to empower your birth and foster a positive mindset.
- 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.
- NEW**
- CONSIDERING A CAESAREAN SECTION**
This session is for you if you are considering a planned (elective) caesarean birth for your baby.
- BIRTH AFTER CAESAREAN**
If you've already had a caesarean birth, find out about the options of vaginal birth or to have another caesarean.

- TALLER DE EDUCACION PRENATAL EN ESPAÑOL**
Reunión mensual informativa y social.
- PELVIC HEALTH**
Specialist advice to prevent and treat incontinence and other pelvic disorders.
- BLACK AND BLACK MIXED HERITAGE SUPPORT GROUP**
This group meets in person at a midwifery clinic near King's College Hospital.

These workshops are available by referral. Please ask your clinician for more details.

- BIRTH WITH CONFIDENCE**
Is this your first pregnancy? Our perinatal specialist midwives will share techniques and support for overcoming fear and anxiety about birth.
- BIRTH LISTENING CLINIC**
Your midwife can refer you for a private consultation with our specialist midwives to discuss your birth experience.



Scan the code to register for workshops on Eventbrite

For more information

Email: kch-tr.parenteducation@nhs.net

<http://kchparenteducation.eventbrite.com>



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