

Information on parenthood education 2017



Information on Parenthood Education 2017

Thank you for choosing to have your baby at the Royal Free London. We offer a range of parenthood education workshops for women and their partners who choose to give birth with us. Where possible these are offered in local venues.

You can choose to attend any or all of the following workshops.

Workshop	What we Discuss	Your Dates
Becoming a parent. (Around 26-28 weeks.)	Your developing baby. Understanding the transition to parenthood, both emotionally and physically. Where to have your baby - What we offer.	
Preparation for birth workshop. (Around 34 weeks)	Giving birth and meeting your baby. Waterbirth. Stages of labour.	
Infant feeding and caring for baby. (Around 36 weeks)	Caring for your baby. Feeding your baby. Who is there for you? - people and services.	

Your midwife will talk to you about booking to come to these workshops.

We consistently receive very positive feedback about the standard of our workshops

Maternity Website- www.royalfree.nhs.uk/maternity

We would also encourage you to visit our maternity website, where you will find lots of helpful information, you can also watch a short video of our maternity services and the choices we offer you and your family.

Feeding your baby

The Royal Free Trust is UNICEF Baby Friendly Accredited. Breastfeeding has many health benefits. We will support your chosen method of feeding. If you choose to give your baby formula please bring in your own supply of milk, including bottles and teats.

Tour of our maternity units

Barnet site – Every Tuesday mornings at 09.30am and Thursday evenings at 6pm. Meet at Maternity reception next to Triage..

Royal Free Hampstead – Tuesday evenings at 6pm. Meet on Level 5 Maternity main reception.

Please arrive promptly.

We also have a workshop for women expecting twins. If you are expecting more than one baby and would like to attend this workshop please contact 020 8216 5141

For more advice about your pregnancy why not download the Baby Buddy app from you App store.

Medical pain relief in labour (anaesthetics) Royal Free Hospital site only

Presented by:	Anaesthetic doctors who specialise in pain relief during labour.
Location:	The Atrium, Ground Floor, Royal Free Hospital
Time:	6.00 – 7.00pm Wednesdays once a month (please arrive at 5.50pm)
To book:	Please call 0207 794 0500 ext. 36169

Upcoming dates

July 8th
April 5th
May 3rd
June 7th
August 9th
September 6th
October 4th
November 1st

We look forward to helping you prepare for your pregnancy and parenthood!

