

**MEDICLINIC** baby

# PREPARING FOR BABY ONE CLASS AT A TIME

**JOIN MEDICLINIC STELLENBOSCH FOR ANTENATAL CLASSES  
TO BEST PREPARE YOU FOR YOUR PARENTHOOD JOURNEY.**

Starting dates of six-week course:

Wednesday, 18 January 2023

Wednesday, 8 March 2023

Wednesday, 26 April 2023

Wednesday, 7 June 2023

Wednesday, 2 August 2023

Wednesday, 20 September 2023

Wednesday, 8 November 2023

Time: 18:00 – 20:00

Join Clinical Nurse Practitioner Irene Damon and Mediclinic Stellenbosch resident specialists weekly as they discuss the following topics:



## **WAITING EXCITEDLY ON BABY**

- A guide to nutrition during pregnancy
- Anatomy of the uterus
- Emotional aspects of pregnancy
- Exercise during and after pregnancy
- Growth and development of the baby
- Pre-natal care
- Preparation for childbirth and parenthood
- What to expect when expecting



## **PREPARING TO MEET BABY**

- Caesarean birth
- Labour and birth
- Medication for pain relief
- Unexpected outcomes
- Variations and interventions in labour and birth



## **THE BENEFITS OF ATTENDING ANTENATAL CLASSES**

Antenatal classes prepare you for possible problems and how best to care for your newborn and lay the foundation for growth and development. It also provides insight on breastfeeding, alternative feeding and the introduction to solids.



## **IMPORTANCE OF IMMUNISATION**

Gain insight into the benefits of immunisation and the possible risks of skipping immunisation.

For queries or bookings please contact Clinical Nurse Practitioner Irene Damon on 021 861 1150 or [mother.babywellnessstb@mediclinic.co.za](mailto:mother.babywellnessstb@mediclinic.co.za)

