

Breastfeeding workshops & information

Discover more about the benefits, and the practicalities of breastfeeding in this fun interactive workshop. Partners welcomed. Bring a doll or teddy if you have one. Lots of information on:

- What to expect in the early days with your baby
- Your baby's brain development, the benefits of skin to skin contact and the importance of close, loving relationships and responding to your baby's needs.
- How you tailor your milk for your baby, including the amazing nutritional and immunological properties of breastmilk.
- How best to position and attach your baby to achieve your breastfeeding goals.
- How to recognise when breastfeeding is going well.
- Most importantly find out about the support we offer in the hospital, home setting and wider community to help you and your baby on this journey.

Breastfeeding workshops available on the third and fourth Thursday of the month, 6pm-8pm. Meet on the 2nd floor outside the antenatal clinic area at the County Hospital. Or Leominster on 3rd Thursday of Month at the Children centre. We look forward to meeting you and helping you to prepare for your birth and the transition to parenthood. Below are some useful links:

Building a happy baby - UNICEF

https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2014/05/happybaby_leaflet-web-2016-2.pdf

Caring for my baby at night - UNICEF

<https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2011/11/Caring-for-your-baby-at-night-web.pdf>

Getting to know your baby

<http://www.publichealth.hscni.net./publications/getting-know-your-baby>

Responsive bottle feeding

<https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2016/12/Parents-guide-to-infant-formula.pdf>

From bump to breastfeeding video

www.bestbeginnings.org.uk/watch-fbtb



Wye Valley 
NHS Trust

Parenting and birth workshops
Within the Wye Valley NHS Trust and across Herefordshire



Waterbirth classes

Discover more about the wonderful benefits of labouring and birthing your baby in water. This class gives you the opportunity to view a pool on the birthing unit and familiarise yourselves with the environment (if conditions permit).

Learn more about the many benefits having a waterbirth can bring, such as:

- Increased relaxation, pain relief and the increase in your own natural endorphins.
- Improved rates of normal birth
- Providing a gentle birth for your baby.

Waterbirth classes take place on the third Monday of every month at the County Hospital, 6pm-8pm. Meet at the downstairs coffee bar.

Active birth workshop

Active birth is a workshop for both you and your birthing partner to help you prepare for your special day. You will learn about the way your body prepares for labour and how you and your baby work together during birth.



Discover more about...

- How your body prepares to give birth in late pregnancy, in the early/late stages of labour and birth and what you can do to support this process.
- The role of the birth partner and handy tips.
- Practical tools for labour including positions, massage and relaxation and breathing.

Includes a tour of the maternity unit and chance to see the labour rooms. Active birth workshops run the first weekend of every month, book either the Saturday or Sunday from 10.30-14.30, or the first and second Thursday evening of the month from 6pm-8pm.

Meet on the 2nd floor outside the antenatal clinic area at the County Hospital. Wear something cool and bring a drink.

Other antenatal classes in Herefordshire

Your midwife will be able to give you information about classes running at your local Children Centre or voluntary groups.

These include monthly Health Visitor classes or Labour classes run by your local midwives which cover:

- What to expect in labour
- Stages of labour and birth
- Pain relief options
- Possible complications
- Early days with your baby

Contact us to book Hospital Classes
01432 372965