

Active Birth Workshop

- ◆ Workshops held twice a month by experienced midwives
- ◆ Recommended from 34 weeks of pregnancy onwards
- ◆ Meet other parents-to-be and birthing partners
- ◆ Tour of the Midwife-led Birthing Unit
- ◆ Refreshments included
- ◆ Book early as places are limited



Workshops are held twice a month on

Saturday mornings, 9am till 1pm

Cost per workshop is £50

To book a workshop, please telephone **0777 501 0331**
Monday to Friday, 8am - 4pm

Further information

Please telephone the number above, or email:
enhancedmaternity.enh-tr@nhs.net

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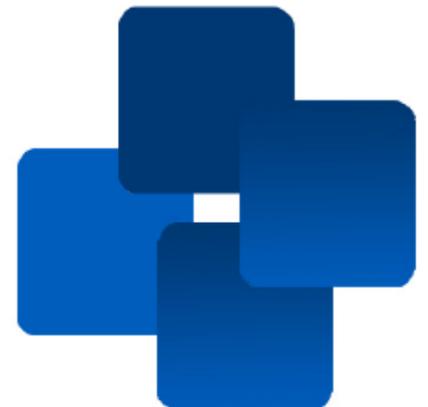
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Active Birth Workshop



Diamond Jubilee Maternity Unit
Lister Hospital



Active Birth Workshop

We are able to offer an Active Birth Workshop held by experienced midwives to enhance your antenatal experience and to help prepare you and your birth partner for the birth process.

The Active Birth Workshop is an additional service we offer providing antenatal information and advice in a friendly and relaxed environment. There is a charge for the workshop, which is ideal for first time parents and for families with children already.

With time for discussion, the workshop aims to meet your needs and those of birth partners, which is crucial to ensure that you and your family are prepared and confident for labour and birth.

You will be able to learn more about having an active birth; to work with your body to allow the natural effects of hormones with gravity and movement make your contractions more effective.

The workshops are run by experienced midwives from the Midwife Led Unit (MLU) at Lister Hospital, who are totally focused on helping you and your family transition into this new stage of your lives.



Why active birth?

An active birth gives you a higher chance of you experiencing the birth that you want.

Learn about optimal fetal positioning which helps baby into the best possible position before you go into labour.

Learn about spinning baby techniques to help baby into the best possible position for labour and birth - strategies that you can practice and use in the home environment.

Meet other parents-to-be and tour the Diamond Jubilee Maternity Unit at the Lister Hospital.

The workshops will enhance the maternity services already provided to you free by the NHS.

Workshop Agenda

At the workshop there will be information and discussions on the following topics:

- ◆ The different stages of labour, including the latent phase.
- ◆ Positions for labour and birth, and using gravity and movement.
- ◆ How aromatherapy can help.
- ◆ Massage techniques.
- ◆ Coping strategies for when you are in labour.
- ◆ Optimal fetal positioning.
- ◆ Spinning baby techniques.
- ◆ Birth supporters - learn how to be the best supporters.

