



مستشفى دانة الإمارات
Danat Al Emarat Hospital
النساء و الأطفال WOMEN & CHILDREN

Your Antenatal Class





Your Antenatal Class at Danat Al Emarat Hospital

Danat Al Emarat Hospital offers mothers-to-be a wide range of antenatal and postnatal classes including educational childbirth preparation advice classes. We also offer exercise classes to help to maintain general fitness and prepare your body for childbirth.

More than just a great place to meet other parents-to-be

Antenatal classes aren't just about breathing exercises and learning how to change a nappy – they are also a great opportunity to make life long friendships with other mothers going through exactly the same mom-to-be hurdles as you.


Who can attend our antenatal classes?

Parents-to-be can attend the class. Classes are going to be given in both English and Arabic. There will be days for couples and other days for ladies only. For more information, you can check our timetable.

What can you expect to learn?

Some topics might seem like 'stating the obvious' or will include information you already know, but the group setting will mean a fresh perspective, and may provide you with answers to questions or scenarios you hadn't thought of.

You will learn about keeping healthy throughout your pregnancy, including healthy diet, exercise and relaxation ideas for pregnancy and birth, (including all those important breathing techniques!) and also information to help you make your birth plan. You will also get advice on caring for your newborn. In between sessions, healthy refreshments will be served.



Session 1

“MIRACLE OF KICKING IN”

TIME: 1530 - 1630

- Development of your baby (Early pregnancy- 28 weeks)
- Stages of development
- Physical changes in pregnancy
- Habits in pregnancy
- Diet in pregnancy

Session 2

“MIRACLE OF BIRTH”

TIME: 1645 - 1830

- Stages of labor
- Birth plan
- Interventions during labor
- Birthing positions
- Father’s role
- Pain management during labor
- Yoga
- Tour of delivery suites

Session 3

“MIRACLE OF LIFE WITH YOUR BABY”

TIME: 1100 - 1300

- **Things that matter to your baby and why:**
 - The link between maternal health and baby’s health
 - Acquired immunity
 - Environment
 - Neuro-development
 - Early life and the impact on later life conditions
- **Postnatal care**
This includes a discussion on the changes that will occur after giving birth, the medical and nursing care that will be provided during the mother stay in the postnatal ward and why.
- **Postnatal exercise**



- **Newborn care**

Learn how to take care of your newborn and their basic need:

- Baby bathe
- Cord care
- Nappy changing
- Home environment
- Sleeping position
- Immunization
- Car seat and child safety

- **Newborn screening – hearing screening, PKU, congenital heart screening**

- **Breastfeeding:**

- Skin to skin contact/initiate breastfeeding
- Benefits of breastfeeding
- Breastfeeding techniques
- Bottle/mixed feeding
- Positioning and attachment
- Problems in breastfeeding
- Hand massage techniques
- Mother's diet during breastfeeding
- Storage of express breast milk

- **Baby massage**

This session is to give mothers tips for a gentle massage for her baby which will reinforce the bonding, the attachment and ensure the relaxation and the wellbeing of the mother and baby


- **Postnatal exercise**

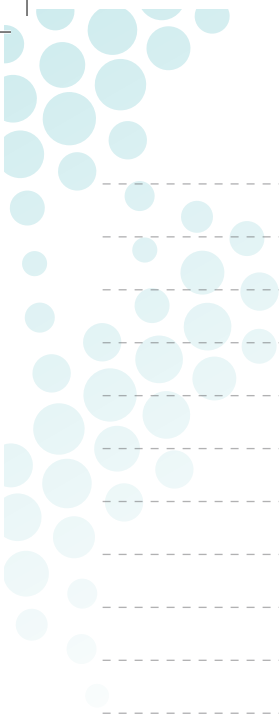
- **Questions and answers**

Sessions 1 & 2 are scheduled on the first Monday of the month.

Session 3 is scheduled on the second Wednesday of the month.

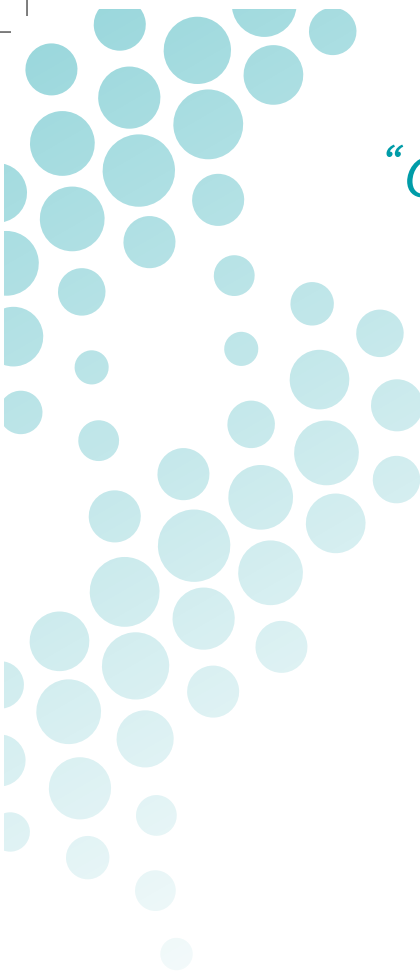
To book and attend one of our classes,
please call **+971 2 6149999** or email us at antenatal@danatalemerat.ae





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*“Giving birth should be your
greatest achievement
not your greatest fear”*

Jane Weideman

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