

## Book Your Antenatal Classes

Whether you're expecting your first child or growing your family again, there is a lot of information to take in when you're pregnant. Joining an antenatal class is a good way to learn more about pregnancy, childbirth and parenthood. It can also help you to make friends with other expectant parents.

We offer a birth preparation class for all our mothers to be and their partners. You can attend the group class or book an individual session with just you and your partner. The class will tell you everything you need to know about labour. You'll learn about all your options for giving birth and what to expect in the first few days.

**You might also want to book some additional antenatal or NCT classes, which can cover topics such as:**

- The development of your baby
- Your health in pregnancy
- Relaxation and self-help techniques
- Breastfeeding
- Caring for a newborn
- First aid for babies

Antenatal classes also provide an opportunity for you to ask questions and talk about your worries and feelings. You'll get both expert advice and support from people who are going through the same kinds of experiences.

### Harley Street

137 Harley Street  
London  
W1G 6BF

**Call: 020 7725 0528**

### Cheshire Clinic

Festival Hall,  
Talbot Road, Alderley Edge  
SK9 7HR

**Call: 01625 704080**

### Email:

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