

Go to's for

EXPECTING A BABY

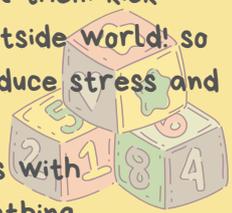


Antenatal Classes

Antenatal classes are a great way to learn more about your/your partner's body and your baby. It is a safe environment to ask questions and get more information from a trusted professional. You can ask your community midwife about these classes, or head to the website listed to register for online classes.

<https://www.ni-maternity.com/virtual-classes/>

Tips

- kicks count! Pay attention to baby's movements, and respond by talking to them or placing a hand where you feel them kick
 - baby is very aware of the outside world! so look after yourself too to reduce stress and keep calm.
 - practice relaxation techniques with meditation, yoga, or deep breathing
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Birth Planning

Your birth is unique to you. No two births are the same! Take some time to learn about what to expect during delivery. Consider where you might like to give birth, pain relief, who cuts the cord, and any other things you would like (or not) to have during the day. It is important to remember that birth can be unpredictable, so it is important to stay informed and flexible.



APPS



Peanut: Lets you connect to other parents in your area, share ideas, and ask questions

Ovia: Watch your baby grow, track pregnancy milestones, log symptoms, and learn what to expect week by week

Kicks Count: Track baby's movements and learn their schedule

Remember Parentline are here for you before and after baby arrives, we are available to talk with you when you call.



Green Notes

In your green notes, there's a section to fill out your "Birth Plan". It might be a good idea to look at this section and fill in some ideas you might have. It can help you feel more prepared for your labour, and will help your midwife get a better idea of what you would like.