



Antenatal Education Classes in Sligo, Leitrim, South Donegal & North Roscommon 2020

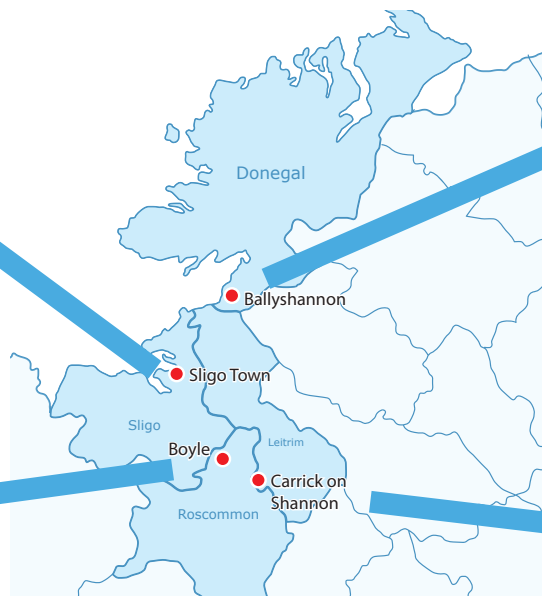
Antenatal Education Classes are facilitated at 4 locations in Sligo, Leitrim, South Donegal and North Roscommon which aim to prepare you and your birthing partner for pregnancy, labour and parenthood. You are invited to attend a course of your choice. We look forward to meeting you and being part of your exciting journey.



Sligo Town



Ballyshannon



Boyle



Carrick-on-Shannon

SLIGO TOWN **5 TYPES OF CLASSES:**

- **FIRST TIME PARENTS:**
This series of classes is for first time parents. Details available at antenatal clinic. 5 classes. 2 hours per class.
- **REFRESHER CLASS**
Refresher Class is available for parents who have had a baby previously. 1 class. 3 hours.
- **YOUNG PARENTS ANTENATAL EDUCATION CLASS**
This class is for young parents who prefer to attend a class for younger parents
1 class. 3 hours.
- **PREPARING FOR BIRTH AFTER CAESAREAN BIRTH**
This class is for women and their birth partner/support persons who have had one previous Caesarean Section (CS). Information sharing to empower you in your decision making regarding your mode of birth after CS. This class will discuss factors that can influence and maximise your chances of a vaginal birth, induction of labour, care in labour and repeat/emergency CS. It will be tailored to the needs of the group and the information that they require to make an informed choice. 2 Hours.
- **BREASTFEEDING PREPARATION CLASS**
This class is a great support to help you achieve your breastfeeding goal. It is delivered by Breastfeeding Specialists from Sligo University Hospital and/or Public Health Nursing. 1 class. 2.5 hours.

FIRST TIME PARENTS

| | |
|--------------|---|
| Who? | 1st time parents |
| When? | Tuesdays 9.30am - 11.30am or Wednesday 2.30pm - 4.30pm |
| Where? | Primary Care Centre, Barrack St., Sligo |
| How to book? | No booking required. |



For dates & information visit <http://www.saolta.ie/wards/maternity-suh-antenatal-classes>

| When is your Baby Due? | Early Physiotherapy Class | Midwife Led Class Early Labour | Midwife Led Class Active Labour | Physiotherapy Positions & Breathing for Labour | Midwife Led Class |
|------------------------------------|---|---|---|---|---|
| January/Early February Baby | Oct Tues 29 th / Wed 30 th | Dec 10 th Tuesday (Only one class) | Dec 11 th Wednesday (Only one class) | Dec 17 th Tuesday (Only one class) | Dec 18 th Wednesday (Only one class) |
| February Baby | Dec 4 th | Jan 14 th /15 th | Jan 21 st /22 nd | Jan 28 th /29 th | Feb 4 th /5 th |
| April/Early May Baby | Jan 7 th /8 th | Feb 25 th /26 th | March 3 rd /4 th | March 10 th /11 th | March 18 th (Only one class) |
| Late May/Early June Baby | Feb 18 th /19 th | April 7 th /8 th | April 14 th /15 th | April 21 st /22 nd | April 28 th /29 th |
| Late June/ Early July Baby | Mar 31 st /Apr 1 st | May 19 th /20 th | May 26 th /27 th | June 2 nd /3 rd | June 9 th /10 th |
| August/Early September Baby | May 12 th /13 th | June 30 th /July 1 st | July 7 th /8 th | July 14 th /15 th | July 21 st /22 nd |
| Late September/ Early October Baby | June 23 rd /24 th | Aug 11 th /12 th | Aug 18 th /19 th | Aug 25 th /26 th | Sept 1 st /2 nd |
| Last October/ November Baby | Aug 4 th /5 th | Sept 22 nd /23 rd | Sept 29 th /30 th | Oct 6 th /7 th | Oct 13 th /14 th |
| December/ Early January | Sept 15 th /16 th | Nov 3 rd /4 th | Nov 10 th /11 th | Nov 17 th /18 th | Nov 24 th /25 th |
| Late January/ Early February | Oct 27 th /28 th | Dec 15 th (Only one class) | Dec 16 th (Only one class) | Dec 22 nd (Only one class) | Dec 23 rd (Only one class) |

You have 5 daytime antenatal Classes to attend in this programme.

The first class is an early class, after your 22 week scan. This is designed to provide you with advice on exercise, posture, aches and pains of pregnancy, along with relaxation techniques. The aim of this class is to help you enjoy a comfortable pregnancy. This class is for expectant mothers only. **PARTNERS DO NOT NEED TO ATTEND THIS EARLY ANTENATAL CLASS.**

When you are approx. 30 weeks you will start your last group of 4 remaining classes, as listed in the table above. These classes provide information on labour, birth and care of your baby. **THESE 4 CLASSES ARE FOR EXPECTANT MOTHERS AND THEIR SUPPORT PERSON.**

REFRESHER CLASS

- Who?** Parents who have had a baby previously
- When?** Tuesdays 9.30am –12.30
- Where?** Conference Room, Conference Room, Primary Care Centre, Barrack St., Sligo
- How to book?** No booking required.



For dates & information visit <http://www.saolta.ie/wards/maternity-suh-antenatal-classes>

2020 DATES

| | | | | | | | |
|----------|----------|---------|-----------|-----------|----------|----------|---------|
| 11th Feb | 24th Mar | 5th May | 16th June | 28th July | 8th Sept | 20th Oct | 1st Dec |
|----------|----------|---------|-----------|-----------|----------|----------|---------|

PREPARING FOR BIRTH AFTER CAESAREAN SECTION (CS)

- Who?** Women and their birth partner/support persons who have had one previous CS
- When?** Wed 6pm-8pm
- Where?** Conference Room, Primary Care Centre, Barrack St, Sligo
- How to book?** No booking required



*Further information contact **Roisin Lennon RAMP (071)9171111 bleep 193***

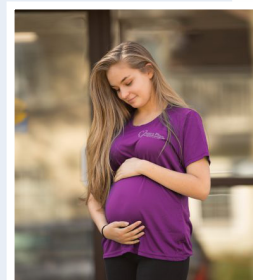
Information sharing to empower you in your decision making regarding your mode of birth after CS. This class will discuss factors that can influence and maximise your chances of a vaginal birth, induction of labour, care in labour and repeat/emergency CS. It will be tailored to the needs of the group and the information that they require to make an informed choice.

2020 DATES

| | | | |
|--------------|---------|------------|--------------|
| 5th February | 6th May | 5th August | 4th November |
|--------------|---------|------------|--------------|

YOUNG PARENTS ANTENATAL EDUCATION CLASS - BOOKING REQUIRED

- Who?** Young parents who prefer to attend a class for younger parents (Support person welcome)
- When?** Monday 10am - 1pm (3 times per year)
- Where?** Primary Care Centre, Barrack St., Sligo
- How to book?** (071) 9173292 on Mon, Tues or Thursday between 8am - 1pm



For dates & information visit <http://www.saolta.ie/wards/maternity-suh-antenatal-classes>

2020 DATES

| | | |
|-----------|----------|--------------|
| 2nd March | 6th July | 9th November |
|-----------|----------|--------------|

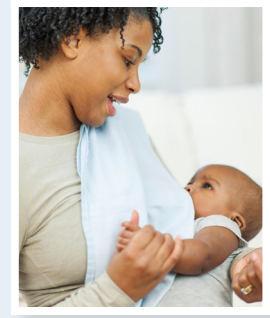
ANTENATAL BREASTFEEDING PREPARATION CLASS (BOOKING REQUIRED)

Who? Pregnant women and support person who wants to know more about breastfeeding

When? Afternoon OR evening class (see dates below)

Where? Conference Room, Primary Care Centre, Barrack St., Sligo

How to book? Clare (071) 9135075



For dates & information visit <http://www.saolta.ie/wards/maternity-sub-antenatal-classes>

AFTERNOON CLASS 2.30 - 5PM

| | | | | | | | |
|----------|----------|---------|-----------|-----------|----------|----------|---------|
| 12th Feb | 25th Mar | 6th May | 17th June | 29th July | 9th Sept | 21st Oct | 2nd Dec |
|----------|----------|---------|-----------|-----------|----------|----------|---------|

EVENING CLASSES 6 - 8.30PM

| | | | | | | | |
|---------|----------|------------|----------|-----------|----------|---------|----------|
| 8th Jan | 11th Mar | 22nd April | 3rd June | 15th July | 26th Aug | 7th Oct | 18th Nov |
|---------|----------|------------|----------|-----------|----------|---------|----------|

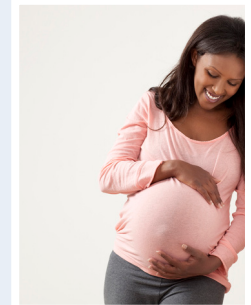
CARRICK-ON SHANNON CLASSES - BOOKING REQUIRED

When? 2.30 - 4.30pm

Where? The Hive, Dublin Road, Carrick on Shannon, Co. Leitrim

What you need? Comfortable clothing

How to book? Booking is essential on (071) 9650354, Support persons welcome



| WHEN IS YOUR BABY DUE? | PHN | PHN | PHYSIO | BREASTFEEDING PREP CLASS |
|---------------------------------------|-----------------|------------------|------------------|--------------------------|
| Late February/ March/April Baby | 8th Jan, 2020 | 15th Jan, 2020 | 22nd Jan, 2020 | 29th Jan, 2020 |
| Late April/ May/ Early June Baby | 4th March, 2020 | 11th March, 2020 | 18th March, 2020 | 25th March, 2020 |
| Late June/ July/ August Baby | 6th May, 2020 | 13th May, 2020 | 20th May, 2020 | 27th May, 2020 |
| Late September/ October/November Baby | 1st July, 2020 | 8th July, 2020 | 15th July, 2020 | 22nd July, 2020 |
| October/November Baby | 2nd Sept, 2020 | 9th Sept, 2020 | 16th Sept, 2020 | 23rd Sept, 2020 |
| December/ January Baby | 4th Nov, 2020 | 11th Nov, 2020 | 18th Nov, 2020 | 25th Nov, 2020 |

ANTENATAL BREASTFEEDING PREPARATION CLASS (BOOKING REQUIRED)

- Who?** Pregnant women and support persons who want to know more about breastfeeding
- When?** 2.30 - 4.30pm
- Where?** The Hive, Dublin Road, Carrick on Shannon, Co. Leitrim
- How to book?** Booking is essential on (071) 9650354

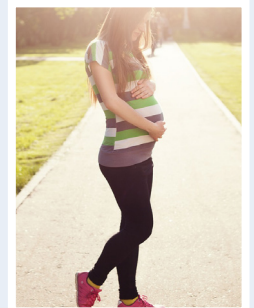


DATES 2020

| | | | | | |
|----------------------|------------------------|----------------------|-----------------------|-----------------------|----------------------|
| 29 th Jan | 25 th March | 27 th May | 22 nd July | 23 rd Sept | 25 th Nov |
|----------------------|------------------------|----------------------|-----------------------|-----------------------|----------------------|

BOYLE CLASSES - BOOKING REQUIRED

- When?** 2:30 - 4:30p.m.
- Where?** Boyle Primary Care Centre, Boyle, Co Roscommon
- How to book?** Contact Michelle Connaughton on 090 6637582. (Support persons welcome)
- Schedule:**
- | | |
|---------------------------------|--------------------------------------|
| First & Second class | PHN & Physio |
| Second Class | PHN |
| Third Class | Physio |
| Fourth Class | PHN & Preparation for Breastfeeding. |



DATES 2020

| | | |
|--------------------|----------------|-------------------|
| 4th February 2020 | 9th June 2020 | 13th October 2020 |
| 11th February 2020 | 16th June 2020 | 20th October 2020 |
| 18th February 2020 | 23rd June 2020 | 27th October 2020 |
| 25th February 2020 | 30th June 2020 | 3rd November 2020 |

BALLYSHANNON CLASSES

Please contact the Antenatal Clinic for details of upcoming Antenatal Education Classes