

SHSCT Online Antenatal Education Classes

Please have you HCN/maternity number for joining the class

• Understand breastfeeding. • Explore/discuss benefits. • Increase knowledge. • Enable you to get 'off to a good start'. • Build awareness and confidence to nurture responsive relationship. • Provide the evidence based practice	Breastfeeding workshop 6.30pm (once off attendance required) First Tues every month (Join online each night for this class via the same QR code). https://southerntrust-hscni.zoom.us/join/9tqT8jEtW0cjM1NHodjFRV8isnujF5#/registration 
Class 1. Getting to know your baby Class 2. You, your baby & stages of labour. Class 3. Helping you through labour & birth. Class 4. Feeding and care for your baby	Daisy hill Antenatal education classes 6.30pm. First 4 Wednesdays every month (Join online each night for the class via the same QR code). https://southerntrust-hscni.zoom.us/join/ytqT8jEtW0cjM1NHodjFRV8isnujF5#/registration 
Class 1. Getting to know your baby Class 2. You, your baby & stages of labour. Class 3. Helping you through labour & birth. Class 4. Feeding and care for your baby	Craigavon Antenatal education classes 6.30pm. First 4 Thursdays every month (Join online each night for the class via the same QR code). https://southerntrust-hscni.zoom.us/join/tZMocuCgrDggHt3_j4KYg6ifzu8rPHmDEDiU#/registration 
Class 1. Logic of KGH Class 2. Hypnobirthing techniques Class 3. Before birth Class 4. Birth and Beyond	SHSCT Hypnobirthing online programme first 4 Saturdays in the month 10-1pm (Join each day for the class via the same QR code). https://southerntrust-hscni.zoom.us/join/tZYsc-6urzIqH9SI9-imA-VvdAIB-4SFFsZq#/registration 

Any issues please email: g.ready4babyclasses@southerntrust.hscni.net