





**SHSCT Online Antenatal Education Classes**

**Please have you HCN/maternity number for joining the class**

<ul style="list-style-type: none"> <li>• Understand breastfeeding.</li> <li>• Explore/discuss benefits.</li> <li>• Increase knowledge.</li> <li>• Enable you to get 'off to a good start'.</li> <li>• Build awareness and confidence to nurture responsive relationship.</li> <li>• Provide the evidence based practice</li> </ul>	<p><b>Breastfeeding workshop 6.30pm</b> (once off attendance required) First Tues every month (Join online each night for this class via the same QR code).</p> <p><a href="https://southerntrust-hscni.zoom.us/meeting/register/tZlvduCgrDMqHtVQovcUtLXRJHtfu434dp4-#/registration">https://southerntrust-hscni.zoom.us/meeting/register/tZlvduCgrDMqHtVQovcUtLXRJHtfu434dp4-#/registration</a></p> 
<p>Class 1. Getting to know your baby Class 2. You, your baby &amp; stages of labour. Class 3. Helping you through labour &amp; birth. Class 4. Feeding and care for your baby</p>	<p><b>Daisy hill Antenatal education classes 6.30pm. First 4 Wednesdays</b> every month (Join online each night for the class via the same QR code).</p> <p><a href="https://southerntrust-hscni.zoom.us/meeting/register/tZ0pf-ytqT8jEtW0cjM1NHodjFRV8isnuiF5#/registration">https://southerntrust-hscni.zoom.us/meeting/register/tZ0pf-ytqT8jEtW0cjM1NHodjFRV8isnuiF5#/registration</a></p> 
<p>Class 1. Getting to know your baby Class 2. You, your baby &amp; stages of labour. Class 3. Helping you through labour &amp; birth. Class 4. Feeding and care for your baby</p>	<p><b>Craigavon Antenatal education classes 6.30pm. First 4 Thursdays</b> every month (Join online each night for the class via the same QR code).</p> <p><a href="https://southerntrust-hscni.zoom.us/meeting/register/tZMocuCgrDggHt3_j4KYg6ifzu8rPHmDEDiU#/registration">https://southerntrust-hscni.zoom.us/meeting/register/tZMocuCgrDggHt3_j4KYg6ifzu8rPHmDEDiU#/registration</a></p> 
<p>Class 1. Logic of KGH Class 2. Hypnobirthing techniques Class 3. Before birth Class 4. Birth and Beyond</p>	<p>SHSCT <b>Hypnobirthing</b> online programme first <b>4 Saturdays</b> in the month 10-1pm (Join each day for the class via the same QR code).</p> <p><a href="https://southerntrust-hscni.zoom.us/meeting/register/tZYsc-6urzIqH9SI9-imA-VvdAIB-4SFFsZq#/registration">https://southerntrust-hscni.zoom.us/meeting/register/tZYsc-6urzIqH9SI9-imA-VvdAIB-4SFFsZq#/registration</a></p> 

**Any issues please email: [g.ready4babyclasses@southerntrust.hscni.net](mailto:g.ready4babyclasses@southerntrust.hscni.net)**