Your bump and beyond
Antenatal classes for expectant parents
Welcome

Children’s centres, health visiting, and midwifery services in Hillingdon offer free antenatal classes to first-time expectant parents. These classes are part of a six-week programme held at local children’s centres.

This leaflet gives you information on what to expect each week. Classes are fun and interactive and you will be able to meet and talk to other expectant parents. We will give you practical advice and support about pregnancy, labour, birth and the early months of parenthood in order to help give you the best start on your parenting journey.
Week 1: Our developing baby

The first session will help you to understand your baby’s development. It will give you guidance on your own health and wellbeing and how this could affect your baby.

You will have the chance to reflect on your worries about being a first-time parent and we will talk about what to expect. This session will help you to understand that your baby is now a real person who is already forming a personality. Your baby has many needs, just like you; they need to be talked to, responded to and cuddled. You will learn that your baby will already be familiar with you from the moment he or she is born!

Week 2: Changes for me and us

This session will help you to understand the changes that often take place as your baby grows. As expectant parents, you will begin to have a greater understanding of what you can expect of yourself and those closest to you.

This session will help you focus on your own individual strength and resources to care for your baby. We will show you how to cope with the changes you may be experiencing. There will also be a chance to discuss the best ways to deal with any conflict, upset or frustration you may experience as new parents. You can also talk with your midwife or health visitor on an individual basis. We will talk about your rights and responsibilities as a new mother and father.
Week 3: Giving birth and meeting your baby

In this session you will learn about what to expect when you go into labour. We can help you to book a hospital visit if you have not already done so.

You will learn about the following:

- Recognising when labour has begun
- What to expect during birth
- Choices available for birth
- What the options are when nature requires a hand
- Pain during labour
- Why your baby and you need to be as close as possible (skin-to-skin) after birth
- What breast milk colostrum is and why it is so important in the first few hours after birth

We will also talk about the important role fathers, or significant support partners, have to play in the first few hours and the early weeks after birth.
**Week 4: Caring for your baby**

This session will explore your baby’s needs. At this stage your baby can recognise your voice, your face and even music. If you listen to music or sing songs during pregnancy, your baby will be able to recognise the tune and rhythms!

We will talk about how important it is to cuddle and soothe your baby. We will look at the practical side of parenting, such as changing nappies, keeping your baby at the right temperature, understanding when your baby is hungry and your baby’s nutritional needs. We will discuss how to keep your baby safe and how to feel confident that your baby is developing normally.

As new parents you should keep your baby close to you in the early weeks. You both play an important role in your baby’s wellbeing on the start of your parenting journey.

**Week 5: Your health and wellbeing**

This week you will meet a health visitor. You will have time to explore your health choices and we will look at lifestyle. We will talk about how to stay emotionally and physically healthy during pregnancy and once your baby is born. You and your supporting partner, will have the chance to plan coping strategies for the early demands of new parenthood, such as feeling tired, interrupted sleep, anxiety and stress.
**Week 6: Support**

This week we will look at what support services are available to you as a new parent, including baby clinics.

We will cover a range of topics, including:

- Intimacy
- Contraceptive use after birth
- Immunisations
- Safe sleeping environments and reducing the risk of ‘cot death’.

We will look at feeding your baby, including:

- How to know when your baby is full
- When you should begin weaning
- The importance of not giving your baby anything that is not medically-prescribed.

This is the last session before your baby is born. We will plan a group reunion for after your baby is born.

**Tell us, we’re listening!**

Our staff want to know how they are doing. Tell us what you think at: [www.cnwl.nhs.uk/feedback](http://www.cnwl.nhs.uk/feedback) and then we’ll know what we have to do.

For more information on when sessions are taking place, please contact your local children’s centre. You can also contact the Families Information Service on **0800 073 4800**.

**Contacts**

**Children’s centres in Hillingdon**

**North Hillingdon**

- Cotford Children’s Centre
  - **T:** 01895 671963
- Harefield Children’s Centre
  - **T:** 01895 671982
- Hillside Children’s Centre
  - **T:** 01895 671995
- South Ruislip Children’s Centre
  - **T:** 01895 556806

**South East Hillingdon**

- Barra Hall, **T:** 01895 277877
- Belmore Children’s Centre
  - **T:** 01895 671950
Charville Children’s Centre  
**T:** 020 88413266

McMillian Children’s Centre  
**T:** 020 85734427

Nestles Avenue Children’s Centre  
**T:** 01895 558147

Pinkwell Children’s Centre  
**T:** 020 8573 0626

Uxbridge Colleges Children’s Centre  
**T:** 01895 853745

Yeading Children’s Centre  
**T:** 020 8384 4164

**South West Hillingdon:**

Cherry Lane Children’s Centre  
**T:** 01895 671984

Colham Manor Children’s Centre  
**T:** 01895 448228

Cowley Children’s Centre  
**T:** 01895 556990

Oak Farm Children’s Centre  
**T:** 01895 254408

Uxbridge Children’s Centre  
**T:** 01895 558190

Yiewsley Cornerstone  
Children’s Centre  
**T:** 01895 458310

**Health Visiting Teams in Hillingdon**

Laurel Lodge Team,  
**T:** 01895 484870  
**E:** cnw-tr.laurellodgeHV@nhs.net

Minet Team,  
**T:** 01895 484830  
**E:** cnw-tr.minetHV@nhs.net

Northwood and Harefield Team  
**T:** 01895 488830  
**E:** cnw-tr.northwoodharefieldHV@nhs.net

Uxbridge Team  
**T:** 01895 488850  
**E:** cnw-tr.uxbridgeHV@nhs.net

The Warren Team  
**T:** 01895 484840  
**E:** cnw-tr.thewarrenHV@nhs.net

Westmead and Ickenham Team,  
**T:** 01895 488860  
**E:** cnw-tr.westmeadlckenhamHV@nhs.net

Yiewsley Team  
**T:** 01895 488840  
**E:** cnw-tr.yiewsleyHV@nhs.net