

# ANTENATAL CLASSES



This course given in English, aims to help you and your partner live birth as calmly et confidently as possible. It will give you information about welcoming your baby, the organisation of the maternity as well as permit you to visit the facilities.



## Place

Class room on 5th floor (facing «salle de naissance et consultations»)

## Price

**280.- all included**

**Information and registration :**  
[cours.maternite@ehc.vd.ch](mailto:cours.maternite@ehc.vd.ch)



## Aims

- Permit you to express your questions and concerns.
- Partner with you as you make informed and active choices for you and your baby.
- Open a space for you to share together as a couple and with other couples.
- Journey with you as you develop personal and parenthood skills.

## Themes discussed

- A healthy pregnancy
- Reasons to seek professional advice
- Maternity visit
- Labour and birth
- Pain management
- Recovery after birth
- Welcoming your baby
- Care of the newborn
- Feeding your baby
- Going home