



...helping you through pregnancy and beyond

## About the Virtual Antenatal Classes

### What will I learn about in the classes?

- Up-to-date information from the maternity service in Bradford and how things are different due to COVID-19
- Tips to keep you physically and mentally well during pregnancy
- Information and advice on your baby's mental wellbeing, including how to promote good attachment to your baby even before they arrive in the world

There will be opportunities to ask questions and share experiences with other participants.

### How many classes are there?

There are six different classes in total and we plan to run two classes per week. The following six topics will be covered on a rolling basis:

<p><b>Class 1 – Healthy Happy Pregnancy</b></p> <ul style="list-style-type: none"> <li>• Looking after your physical and mental health in pregnancy</li> <li>• Baby brain development</li> <li>• Bonding with your bump</li> </ul>	<p><b>Class 2 – Preparing for Birth</b></p> <ul style="list-style-type: none"> <li>• Helping you find good information</li> <li>• Putting a birth plan together</li> <li>• Breathing and relaxation</li> <li>• Packing a bag for birth</li> </ul>
<p><b>Class 3 – Giving Birth</b></p> <ul style="list-style-type: none"> <li>• Birth partner and support</li> <li>• Tips for early labour</li> <li>• Comfort and pain relief in labour</li> <li>• Bonding with your baby</li> </ul>	<p><b>Class 4 – Feeding and Sleep</b></p> <ul style="list-style-type: none"> <li>• Feeding your baby</li> <li>• Safe sleeping</li> </ul>
<p><b>Class 5 – Life After Birth</b></p> <ul style="list-style-type: none"> <li>• The first days after birth</li> <li>• Changing relationships</li> <li>• Maternal health</li> </ul>	<p><b>Class 6 – Breathing and Relaxation (through pregnancy, birth and beyond)</b></p> <ul style="list-style-type: none"> <li>• Taking care of maternal and partner mental health</li> <li>• Breathing and relaxation</li> </ul>

### **Do I have to come to all six classes?**

No, you don't have to sign up to all six classes. You can come to as many or as few as you like.

### **I am booked on another antenatal course, can I come to this one too?**

Yes, you are welcome to attend these classes as well as any other antenatal course you are attending.

### **Who leads the classes?**

- The classes are delivered by midwives, health professionals and experienced practitioners from across Bradford.
- They are supported by members of our administrative team (female and male) to help the sessions run smoothly.

### **How can I access the classes?**

- We are using Zoom to run the classes. The classes will NOT be recorded.
- We'll send you a link to each class along with your booking confirmation email, and include brief instructions about how to access Zoom.

### **How can I tell you what I think about the classes?**

- We encourage feedback in the sessions.
- We will send you a feedback survey each week you attend a class or classes. Completing this helps us improve the classes for other pregnant women and their partners.

### **Can my partner join me on the call?**

- Yes, we encourage partners and birth partners to attend the classes with you.
- Please be aware all participants are in their own homes and so other family members may be present.

### **What data will you collect from me?**

- We collect your name and email address to be able to contact you about the antenatal classes and gather feedback afterwards. We will not use this information for any other purpose.
- We use the first part of your postcode to help us understand where participants are attending from. This helps us to develop and promote further antenatal classes.

**If you have any questions not answered above, please e-mail:**

[hello@betterstartbradford.org.uk](mailto:hello@betterstartbradford.org.uk)

**You can also visit:**

<https://www.betterstartbradford.org.uk/virtual-antenatal-classes/>

