A multidisciplinary team have developed an elearning hub which is located on the NMH website. (see under virtual classroom/elearning hub). We recommend all women to access this elearning hub and would appreciate your feedback.

Outline of classes for first time women

Class one: Labour and delivery:

* Keeping well in the third trimester and beyond;
* Fetal movements
* Resources/supports
* Infection control
* Services in hospital
* First stage of labour
* Signs of labour
* “hopscotch”/comfort measures
* Role of partner
* When to come to hospital
* What to expect in the labour ward; Fetal monitoring/procedures etc
* Pain relief
* Second stage of labour
* What happens
* Positions/techniques
* Care of perineum
* Delivery of baby
* Third stage of labour
* Delivery of placenta
* Potential for retained placenta
* Care of mother and baby in the immediate postnatal period
* When things don’t go to plan
* Instrumental delivery
* C section
* Induction of labour