

PLANNING FOR LABOUR AND BIRTH

- Signs that labour has begun
 - Timing your partner's contractions
 - Stages of labour
- Checklist for packing yourself a hospital bag
- When to call the hospital



FEEDING AND NAPPY CHANGING

- How partners can support breastfeeding
- How partners can support bottle feeding
- How to sterilise and prepare a feed
- Learn how to change a nappy

SUPPORTING YOUR PARTNER AND BEING INVOLVED

- Preparing special touches for the labour room
 - Be informed about pain relief options
- Skin to skin contact is for Dads too
 - Memory making tips



GOING HOME AND WHAT TO EXPECT

- Tips for settling your baby
- Looking after your partner following birth
 - Scheduling your visitors
 - Community midwife visits, screening and weight checks
 - Birth Registration

MEETING YOUR BABY

- Cutting the umbilical cord
- Those first photographs
 - Keeping your baby warm
- Be informed about Vitamin K
 - The First feed
- The process following birth
 - Your baby's first bath



SAFETY AND GUIDANCE

- Safer sleep
- Normal temperature ranges
- Car seat fastening safely
- Normal appearance of newborn babies
 - 6 Week GP appointment
- Importance of encouraging pelvic floor exercises