



# Parent Education Programme Worthing 2018

Go online at [Western Sussex Hospitals NHS Trust/ Maternity/ Booking Parent Education Classes](#) to find out more information and to book, alternatively please call 07801 088471



**Western Sussex Hospitals**  
NHS Foundation Trust

# The one day programme

Lancing Children and Family Centre,  
42 North Road, Lancing, BN15 9AB  
**09.30 until 16.15** Saturday or Sunday

(4 dates available each month)

- The one day programme consists of four workshops.  
**LABOUR:** What happens to your body in labour and what may bring you in to hospital.
- **COPING STRATEGIES:** What coping skills you may use, what medication is available & the role of your birth support person.
- **EARLY DAYS:** The first 28 days with your baby and The safer sleeping campaign.
- **ACTIVE BIRTH:** The importance of being up and moving around in labour and good positions for labour and birth.

**Lunch is not provided so please bring a packed lunch with you.**

# Lancing evening parent education

Lancing Children and Family Centre, 42 North Road, BN15 9AB

Thursday evenings **19.00 until 21.30hrs** over 2 consecutive weeks. [ Available every other month]

The evening classes consist of 4 workshops

- **Week 1 Labour and Coping strategies**
- **Week 2 Early Days and Active Birth**

If this is your first baby or there is more than 10 years since your last child, then we advise you to choose either the One Day Programme or the Evening Programme at Lancing.

## Also available to book

**Expecting twins or triplets workshop:** Held at Worthing Hospital. Week day evenings as required.

**English not your first language:** ask your midwife for further details.

**Baby Matters:** Focusing in detail on infant feeding and early days skills. It is held at local children and family centre's, weekdays during the day time.

**The tour :** There is a **virtual** tour available on line via the Western Sussex Hospitals NHS Trust Website. Follow the link to the maternity home page and then 'all about us'.

**All workshops that are held at Worthing Hospital meet down stairs at the main reception of the hospital.**

# Bag check list

## Labour Bag

### Hospital notes

Comfortable Nightwear /old baggy tee-shirt to give birth in  
Comfortable nightwear for post deliver  
Well fitting cotton/nursing Bra X 2  
Dressing Gown and Slippers  
Hair band {for long hair} and hair brush  
Book or magazine X 1 Music CD for labour  
Plastic bag for dirty washing to go home  
Mobile Phone and money of car park  
Food for birth supporters in labour  
Sports drink bottle & Isotonic sports energy drink  
Nappy X 1 Baby grow and vest  
Toiletries {travel size shower gel/shampoo /deodorant Tooth Brush & paste  
Maternity sanitary towels X 4 and large cotton pants



## Ward Bag

Baby Vest and baby grows X 3 & Packet of nappies  
Baby Cardigan and baby hat X 1  
Cotton Wool Pads /balls Top & Tail Pot {small plastic pot /margarine tub }  
Toiletries bag from labour & Coloured towel  
Cotton Nursing Bra X 1 & Breast pads  
Packet of sanitary towels & large cotton pants x3  
Comfortable nightwear X 1 & Day wear X 1  
Money for personal TV system over each bed £5 {optional}  
Plastic bag for dirty washing to go home  
Car seat to be brought to the ward at the time of discharge home

If you intend to formula feed your infant you do NOT need to bring in any feeding / sterilizing equipment or milk Space is limited on the post natal ward so please bring in the minimum and get your visitors to bring in extras as you need them.

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[www.westernsussexhospitals.nhs.uk](http://www.westernsussexhospitals.nhs.uk)

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