



# Talk of the class

Clear your doubts  
at antenatal classes  
organised by the hospitals

In Hollywood movies, parents-to-be are often seen attending antenatal classes, practising “Push! Breathe! Push!” While less common in Singapore, antenatal classes are now gaining popularity as more new parents-to-be appreciate the wealth of information they can get from these classes to prepare them for the experiences and challenges ahead.

### What will I learn?

Classes typically cover topics such as

- Nutritional needs during pregnancy and after delivery
- Exercises to help you keep fit and build stamina for childbirth
- What to expect during labour and birth
- Breastfeeding
- Care of your newborn including how to carry or bathe your newborn

Many antenatal classes conducted by hospitals for parents-to-be often include a tour of the delivery suite. The classes are also a great opportunity for you to ask any questions that may be bothering you and ease your anxieties. You may wish to

check with the respective hospitals on the actual topics covered.

### What other benefits are there?

Antenatal classes give you the chance to meet fellow parents-to-be who are also going through the same experiences as you. This is a great time to compare notes. Many new mothers meet up regularly during their pregnancy and also after birth, forming support groups for mothers or play-groups for their babies. Besides preparing you for childbirth, antenatal classes also educate you on how to feed and care for your baby. Many women find talks about successful breastfeeding and how to overcome difficulties to be extremely useful.

### When should I sign up for a class?

You may wish to check early with the respective hospitals for registration as some classes are very popular and may have waiting lists.

### How can I sign up?

There are many classes offered by re-structured and private hospitals.

*Please refer to page 98 for contact details.*

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