



Classes & Complementary Therapies for Pregnancy, New Mothers & Babies



The Portland Hospital
for Women and Children

Our Physiotherapy department offers a wide range of services for you during your pregnancy. We offer educational childbirth preparation advice classes for you and your partner as well as exercise classes to help to maintain general fitness and prepare your body for childbirth.

Educational childbirth preparation advice classes for parents-to-be are available at times convenient for you. Whether you would like to attend a course of evening classes with your partner, a concentrated Saturday workshop or a personalised one-to-one session we are able to support and advise you at this exciting time. Classes are presented by our Parentcraft Midwives and specialist Obstetric Physiotherapists.

Early Pregnancy Class

- One off class offered on an appointment basis for mothers/parents-to-be up to 20 weeks of pregnancy.
- Advice and reassurance on topics including diet, body changes and minor disorders of pregnancy such as morning sickness.

Weekly Childbirth Preparation Classes

Our comprehensive, educational advice courses are available as a couples evening class or mothers only daytime class. Offering six once-a-week, two hour sessions, courses are designed for first time parents-to-be to commence between 28 to 30 weeks of pregnancy. We advise you to book for these classes after your 20 week scan to ensure a place on your preferred course. Eight mothers/parents-to-be may attend each six week childbirth preparation course.



Topics covered include:

- Comfort, back care and exercise in late pregnancy
- Signs of labour and when to come to hospital
- Natural coping strategies
- Stages of labour including pain relief options
- Assisting your partner in labour
- Variations of a normal delivery including Caesarean section
- Introduction to breastfeeding
- Life after birth
- Classes are held on Monday, Tuesday and Wednesday evenings from 6pm to 8pm.

Mothers' Only Daytime Classes

- Classes follow the same syllabus as combined couples sessions.
- Features one special partner's session where both parents-to-be attend together.
- Classes are held on Monday afternoons or Wednesday mornings.

Childbirth Preparation Saturday Workshop

- One-off class for mothers/parents to be who are unable to attend the full childbirth preparation course.
- Condensed information including signs of labour, childbirth techniques, pain relief and breastfeeding.
- Classes are held on Saturdays from 11am to 4pm.

One-to-one Session

- Private, tailor made two hour session for mothers/parents-to-be based on the regular childbirth preparation course.
- Available week days on an appointment basis.

Refresher Session

- One-off two hour session for mothers/parents expecting their second or subsequent baby.
- Update and refresh knowledge of pain relief, breathing, positions and relaxation for use in labour.
- Available week days on an appointment basis.



Antenatal and Postnatal Exercise

We offer a safe course of exercise for mothers-to-be and new mothers. During these sessions effective exercise techniques for the childbearing year will be taught including gentle stretching, toning and relaxation.

Yoga for Pregnancy

- Available for mothers-to-be from 16 weeks of pregnancy.
- Proven to help relieve some of the more common complaints of pregnancy and also an aide for labour.
- Led by highly regarded instructors, classes are designed to enhance the feeling of wellbeing by improving circulation, breathing and posture.

Pilates

- Individual 1:2:1 sessions available for Mothers-to-be and/or postnatally.
- Classes available subject to demand.

Postnatal Exercises

- A course of progressive exercises to help return muscles to their pre-pregnancy state and improve muscle tone. It is recommended that you recommence your exercise programme following your six week postnatal check with your Obstetrician or Midwife.



Complementary Therapies

Our complementary therapy services are specifically designed for expectant mothers to provide comfort and relaxation. Treatments are available by appointment, throughout your pregnancy or during your hospital stay.

Bowen Therapy

- Bowen Therapy is a non-intrusive, proven holistic approach to healing discomfort and pain relief in pregnancy.
- The treatment involves a series of precise, gentle movements using fingers and thumbs over muscles, ligaments and soft tissues. This, with interspersed rest periods, encourages energy to flow.

Therapeutic Massage

- Available from our qualified therapists to minimise discomfort, pain, tension and stress during and after pregnancy.
- Our certified infant massage instructor is available to teach or perform baby massage.

Acupuncture

- Dry needling is available from a qualified therapist to relieve pain and discomfort.

Reflexology

- Used to treat specific conditions such as morning sickness, back pain and heartburn by encouraging the body's own capacity to heal.
- Proven to be extremely relaxing and calming for the body and mind.

Antenatal Wellbeing Package

A special package incorporating three of our most popular antenatal services at a reduced price. The package price includes a set of six yoga classes and any two treatments from:

- Massage
- Bowen treatment
- Reflexology
- Acupuncture



Antenatal and Postnatal Care Services

6 Week Check-Up

- Complimentary assessment of abdominal muscles for all women who have delivered at The Portland Hospital.

Pelvic Floor Therapy

Our Women's Health Physiotherapists are available for consultations to assess your pelvic floor muscles in pregnancy or following the birth of your baby. Postnatal treatment may commence after your six week postnatal check with your Consultant Obstetrician, Midwife or GP.

Baby Basics Class

A one-off session for parents-to-be or new parents to discuss any concerns about the early days of parenthood.

- Includes practical demonstrations of bathing and changing.
- One hour sessions on a one-to-one basis with the Parentcraft Midwife.

Baby First Aid and Safety

This one-off session lasts two hours and is available for parents and/or carers to attend before or after the birth of your baby. The session includes:

- Practical demonstration of cardiopulmonary resuscitation (CPR) for babies up to one year old.
- Discussion with paediatric physiotherapist.

Postnatal Mother and Baby Group

- Group sessions designed for new mothers to attend with their babies in the first three months.
- An opportunity to meet other new mothers, share ideas and gain confidence in parenting skills in a relaxed environment.
- Practical insights into issues such as sleeping, feeding, routines, child development, baby massage and baby first aid.





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How to find us

Car Parking

The nearest NCP is in Carburton Street. There is also meter parking in the surrounding streets. The forecourt of the hospital is available for arrival and collection of patients only.

Please note that The Portland Hospital is inside the congestion charging zone.

Contact Details

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