

Antenatal Support & Education

Group Antenatal Workshop - 4 weeks - Saturday 9am until 11am

Our Antenatal Classes are offered in-person to couples by our Senior Midwives and Lactation Consultant (IBCLC) over four weeks, once per week. The course encompasses a family centred approach in a friendly and compassionate environment. All of the information provided is evidence-based and will assist in preparing you and your partner for labour, birth and caring for a newborn baby.

Complimentary for Genesis Obstetric Patients

Week One

- Introduction
- The labour process
- Stages of labour (including skin to skin contact)
- Active birth (including breathing and massage)
- Recommendations for what to pack in your hospital bag

Week Two

- Pain management options
- Possible challenges of labour (including Caesarean Section)
- Information and education regarding stem cell and cord blood collection and storage.

Week Three

- Once you have had your baby (what to expect during your hospital stay)
- Breastfeeding

Week Four

- Practical newborn baby care
- Safe sleeping and expected sleep patterns
- Midwifery and Paediatric support
- Vaccination schedule

Private Antenatal Classes

Our private Antenatal Classes are provided in person by our Senior Midwives and Lactation Consultant (IBCLC). The content is a condensed version of the Group Classes and can be tailored to your specific requirements which can be discussed prior to booking. Your first session will be for two hours and a follow up session for a further two hours is included.

1500 AED per session

Subsequent sessions are then booked as per your needs and charged 500 AED per hour.