



The Dudley Group
NHS Foundation Trust

Active Birth Class

Maternity Department
Patient Information Leaflet

Introduction

Our active birth class for women and their birth partner aims to enhance the midwifery led unit (MLU) birth experience.

Classes are run by the MLU midwives, who you may meet again at your birth.

What is the active birth class?

The active birth class is

- for 'low risk women' and their birth partner;
- for pregnant women from 36 weeks onwards;
- small, friendly and
- practical-based.

Loose and comfortable clothing should be worn to try out birth equipment, if desired.

Your community midwife will discuss your suitability to join the class with you.



What does the class include?

The class will provide information on

- how to tell when you are in labour,
- how you can help yourself when labour has started,
- the stages of labour,
- labour and birth positions,
- how to use the birthing equipment,
- pain relief options,
- water birth,
- common birth complications,
- options when delivering your placenta and
- what happens/what you can expect after birth.



When and where does it run?

The class runs on Wednesday evenings from 7.30pm – 8.30pm in the midwifery led unit on the 2nd floor of Russells Hall Hospital. Please note that short notice cancellations of the active birth class may occur due to capacity issues.

Call 01384 244360 to book a place for your 36th week of pregnancy.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The midwifery led unit: 01384 244593

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/maternity/maternity-information-leaflets/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔