

Bellevue Medical Center

Online Prenatal Classes



Date: Each Thursday
Time: 5:00pm - 7:00pm

Online Prenatal classes are a great way to help new parents prepare for labor, birth and early parenthood. Parents who attend these classes know better what to expect, have less anxiety, and are known to have a better birth experience and coping skills during the early weeks after birth. The online prenatal program at Bellevue Medical Center has been conceived to answer parents' needs and make them well-informed about pregnancy, the birth process and how to care of a newborn.

The program consists of 6 sessions. You are highly encouraged to take the whole course in a row. However, if you missed one, it will be repeated in 6 weeks. You can always choose your classes too and book each separately. The classes are given by our highly-trained midwives who will help mothers think about labor and birth, and give time to ask questions, which they may not have at a busy doctor's appointment.

You should expect from the classes to:

- Understand better the highs and lows of pregnancy
- Chat with other parents-to-be and share your concerns
- How to look after yourself and enjoy your pregnancy
- Get confident about the birthing process
- Reduce your fears
- Better face potential problems
- Prepare for your new role as a parent

The course is offered as 2-hour online classes, usually on a weekly interval basis, to be started when you are around 30 weeks pregnant.

Each class covers a different topic related to pregnancy.

Prenatal classes are not just for the first-time mums. If you're having another baby, you may benefit from the course again. For example, if you're having a caesarean section the second time while you had a natural birth the first time, or if there is a big time gap between your pregnancies.

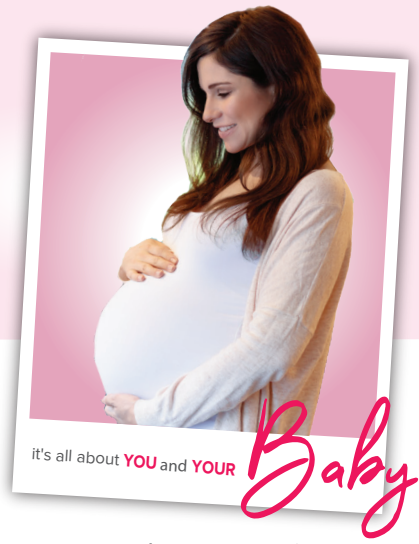


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What topics are covered? (you can always book each session separately)

Session 1: Labor: includes everything from what to expect when you arrive to the hospital, labor and the different stages, labor induction and fetal positions.

Session 2: Birth: all you need to know about normal delivery and C-section.

Session 3: Baby care: this session includes interventions you need to know and do directly after birth until the first years of your child life.

Session 4: Your postpartum care: in this session you will know how to take care of your stitches and bruising, know what's normal concerning your bladder function. It is also important to take care of your nutrition, physical activity and life as a couple.

Session 5: Baby emergencies: How to deal with baby emergencies and how to react until emergency services arrive.

Session 6: Breastfeeding: an educational session conducted every first Monday of the month to prepare and accompany new moms and moms-to-be into a successful breastfeeding journey.

To register for the different classes, follow this link:
<https://payments.bmc.com.lb/session>

For more info contact us on bdm@bmc.com.lb or on 01-698334