

# Bellevue Medical Center

## Aqua Gym Class



At Bellevue Medical center, aqua gym classes are provided by our physiotherapists who are trained especially for pregnant women, and offers them customized water exercises, which are highly recommended at any moment during pregnancy in a safe and comfortable environment..

This water-based exercise offers amazing benefits for moms-to-be. Aqua Gym supports the belly, relieving spine and pelvis pressure while swimming, doing gentle pool aerobics, or water walking. It engages multiple muscles, reducing injuries compared to dry-land aerobics. Aqua Gym keeps you fit, helps manage weight gain, and improves circulation.

Do not forget to consult with your OBGYN before starting with any new physical activity.

For more information or reservation kindly contact us on **01682666** ext **1500**

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## Online Prenatal Classes



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.

The sessions are done as online group sessions or as one- to-one live or online sessions.

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 first-time mums. If you're having another baby, you may also benefit from the course. 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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## Online Prenatal Classes



### What topics are covered?

#### **Session 1: All you need to know about labor:**

- Ultrasounds and morphology ultrasounds
- 10 facts that every pregnant woman should know
- Labor and birth: signs of labor, labor stages, labor induction, epidural, when to go to hospital, fetal positions, labor positions.
- What happens when you arrive to the hospital
- Father's role

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

- Normal delivery (2<sup>nd</sup> & 3<sup>rd</sup> stages)
- Pushing
- Birth
- Assisted delivery (forceps & vacuum)
- Umbilical cord & delayed clamping
- Birth plan
- C-section
- Skin-to-skin

#### **Session 3: How to take care of your baby after birth:**

- Skin-to-skin
- Procedures done right after birth
- Going back home with the baby
- Newborn care
- Illness
- Pre-term babies, incubators
- First doctor appointment
- Baby massage
- Enjoying baby as a new parent

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### **Session 4: How to take care of yourself after giving birth**

- Controlling bleeding
- Uterus contractions
- Stitches & bruising
- Bladder function
- Bowel routine
- Hemorrhoids
- Menstruation
- Family planning
- Looking after yourself
- Resting
- Physical activity/Kegels
- Nutrition
- Post partum depression and baby blues
- Sex and contraception
- What to report to the doctor

### **Session 5: Baby Emergencies**

- What to prepare before the birth of the baby
- How to react in case of emergency
- Basic life support for infants
- First aid basics for baby emergencies

### **Session 6: Free Online Breastfeeding**

- Breastfeeding: when and for how long
- Benefits of breast milk for the baby
- Benefits of breastfeeding for the mother
- Breastmilk composition
- Physiology of breastfeeding
- How to effectively start breastfeeding: latching, breastfeeding positions, feeding cues
- Common breastfeeding challenges
- All you need to know about pumping
- How to start breastmilk
- Your diet during breastfeeding
- The role of the father