



HELLO BABY!

Join our FREE

ANTENATAL CLASSES

CTMH Doctors Hospital

by experienced midwives and
paediatricians with neonatal expertise

Tuesdays 6 pm – 7.30 pm

4 Classes per session

Starting in March 2018

Both parents welcome

Refreshments provided

Why do I need to attend antenatal classes?

Although they are not compulsory, antenatal classes will help you and your partner to focus on your pregnancy, and prepare for labour and birth, as well as early parenthood.

Classes are also a great way to make friends with other parents who are expecting babies around the same time as you. Having these friendships and connections in the community often help parents through the first few months with a baby.

Why to choose the antenatal classes at CTMH Doctors Hospital?

There is a variety of content covered in the classes which will focus on:

- Guiding you through your pregnancy
- Labour and birth
- Breastfeeding
- What to expect in the early days with your newborn baby

You will be able to discuss plans and worries with our midwives and paediatricians in a friendly environment and share experience with other parents.

The classes will help you to stay healthy during pregnancy, prepare for your baby's birth and ease your worries as a parent.

CTMH Doctors Hospital classes are held in small groups in a comfortable venue and will be informal and fun.

If you have planned to deliver at CTMH Doctors Hospital you will have the unique chance to also meet some of the people who will look after you during and after your delivery.



Spaces in our CTMH Doctors Hospital Antenatal Classes are limited and registrations will be accepted on a “first come first serve” basis.

Book your place today!

Register via e-mail at
info@doctorshospitalcayman.com

Venue:
 CTMH Doctors Hospital
 16 Middle Road, George Town



Programme

Class One:

- Tour of Maternity Ward
- Meet Our Team (Midwives and Paediatricians)
- General Health and Nutrition in Pregnancy
- Minor Disorders in Pregnancy

Class Two:

- Delivery and Postnatal Care
- The Role of the Paediatrician at Delivery and Neonatal Follow-up

Class Three:

- Breastfeeding
- Normal Development in the First Year of Life

Class Four:

- To worry or not to worry
- Questions & Answers
- Closure and Feedback

Why to choose CTMH Doctors Hospital to deliver your baby?

CTMH Doctors Hospital recently re-opened its completely redesigned maternity ward. This state-of-the art facility offers a serene experience for child birth, and you will have a private suite for you and your partner/significant other. Experienced midwives and doctors will make sure you and your baby are safe and taken care of to the highest standard.

