

The Bump Class

Preparing Parents for Birth & Beyond

The Royal Borough of Kensington
and Chelsea
PORTOBELLO
ROAD. W.11.



COMPREHENSIVE ANTENATAL CLASSES AT THE PORTLAND HOSPITAL,
AS WELL AS IN BARNES, KENSINGTON AND PARSONS GREEN

“Today, bright young things go to The Bump Class, which offers advice from medical experts, with no stigmas for pain relief, bottle-feeding and returning to work.” The Telegraph

Our Aim: We are passionate about the importance of giving parents the best possible start to parenthood. Described by *The Times* as a ‘unique concept’ our extremely popular antenatal course is tailored to meet the needs of mothers who want to learn about the practical elements of child birth, breastfeeding and parenting from a supportive, pragmatic and unbiased stance. Starting in the final trimester, we prepare mothers comprehensively, from coping with the last months of your pregnancy, knowing what to expect in labour and being prepared mentally, physically and practically for the birth of your child, and the months that follow.

Why Bump? The Bump Class team is made up of professionals, leaders in their fields and it is this professionalism that defines us. Over the 8 weeks, you will establish an invaluable and skilled support network who will be on hand to help for the duration of your pregnancy and beyond. But we also firmly believe that these classes should be engaging and fun. Rather than being structured as a lecture, questions and discussion are encouraged. Participants look forward to each class and the friendships forged tend to be long lasting.

Who We Are: Founded by sisters Dr Chiara Hunt and Marina Fogle, the duo created a unique model in which a mother hosts all eight classes, supported in every session by a specific professional, including midwives, doctors, physiotherapists, osteopaths and breastfeeding specialists, thus giving the very best antenatal information possible.

8 Week Antenatal Course: Our classes are small, consisting of approximately 12 women, all of whom are due within a month of each other. The 2 hour sessions are held at private homes in Barnes, Kensington and Parson’s Green and The Portland Hospital. Each location is easily accessed by public transport and there is plenty of parking. Most participants enjoy taking part in person, but for those who are sick, find it difficult to travel or simply live too far away to travel to us, each class is available to take part in, online.

Partners’ Evening: Although the antenatal course is for women only, we do offer an optional Partners’ Evening during which fathers to be learn what to expect, how to support mothers during labour and how to be confident with their baby. Attended by couples, this relaxed and informal session, allays fears and prepares fathers by giving them the facts about what will and what might happen in labour as well as covering basic baby care.

Paediatric First Aid: Being in charge of a baby is a huge responsibility. Parents find that learning basic lifesaving skills gives them added confidence to care for children on their own. The Paediatric First Aid Course covers resuscitation and choking, followed by treatment of common illnesses and accidents. Our two-hour courses are run every month and we encourage every carer to attend – including family members and nannies.

Class Synopsis

" Objective advice and support with no agenda other than to ensure that mothers are fully informed and prepared for birth and beyond "

1. Looking after yourself during your pregnancy

- Introduction to your class
- What happens to your body in pregnancy
- Looking after yourself – common problems, keeping fit, hormonal and psychological changes and their implications
- Pelvic floor muscles; why it's important to do pelvic floor exercises and how to do them

2. The importance of being prepared

- Help once your baby is born – what kind of help is available, what to expect if you choose to have a maternity nurse
- Baby gear – what you need and what you really don't

3. Early labour and the use of natural techniques as pain relief

- A quick synopsis of the stages of labour and the terminology that is used
- Recognising Early Labour
- Breathing and natural techniques to help you cope with contractions
- Visualisation and hypnotherapy
- Water births

4. Active labour and the birth of your child

- When to go to hospital and what happens when you get there
- 1st, 2nd and 3rd stages of labour
- How to push and the delivery of your baby
- Perineal massage and the Epi No

5. When labour is not straightforward

- The different types of medically assisted relief – their pros and cons
- How your baby is monitored
- Induction, assisted deliveries, episotomy
- Caesarean Section, Strep B, cord blood banks

6. Your hospital stay and postnatal care

- What to pack in your labour bag
- Hospital care of your new born baby
- Your baby and you for the next few days
- How you might feel directly after birth – physically and emotionally and how to best aid recovery
- The first days at home with your baby; recognising if your baby is unwell, baby's medical kit

7. Feeding your baby

- The physiology of breastfeeding
- How to avoid painful breastfeeding by correct latching and positioning of the baby
- How often to feed and how to tell whether your baby has drunk enough milk
- Troubleshooting and where you can get help should you need it

8. Looking Ahead

- Caring for your new-born – handling, soothing, dressing, bathing and skin care
- Looking after yourself – eating, coping with tiredness and dealing with the emotional rollercoaster
- Your physical recovery, regaining your fitness, core strength and pelvic floor
- Thinking about establishing a gentle and flexible routine
- Medical care of your baby in the first year, vaccinations and check ups
- Your support network, sources of information during your baby's first year
- Nurturing your relationship with your partner as well as your baby
- Returning to work

Optional Extras

Partners' Evening

- How your partner will be feeling in the last months of their pregnancy and what you can do to help them
- Labour, when to go to hospital, your role during labour, your baby after birth
- Practical care of your baby, how to feed, burp and hold them
- A realistic view of the first few months – how to best respond to the needs of your wife / partner and how to best enjoy your baby

Paediatric First Aid Course

- An interactive and practical guide to Paediatric First Aid covering resuscitation, choking, burns, bleeding, head injuries, diarrhoea and vomiting
- Participants receive a Paediatric First Aid manual and certificate

Dates and further information can be found on our website, but we'd love to hear from you. If you'd like to chat further about taking part in The Bump Class, please call us!

For up to date prices of each of our classes please see thebumpclass.com

The Bump Class

thebumpclass.com | info@thebumpclass.com | 020 8932 1664