

Antenatal classes

Antenatal education can help you to prepare for your baby's birth, giving you confidence and information.

You can attend these classes with your birthing partner so you can prepare together for the arrival of your baby.

Antenatal education is also a good way to make friends with other parents who are expecting babies around the same time as you. These friendships can help parents through the first few months with their new baby.

There are two types of class available to choose from:

- free NHS antenatal classes available at your local hospital or children's centre. Ask your midwife about these classes
- private/independent antenatal classes

Most antenatal classes can be started when you are around 28-32 weeks pregnant, but they can often get booked up in advance so it's good to arrange your place early on.

