



IMPERIAL PRIVATE
HEALTHCARE
THE LINDO WING OF ST MARY'S

The Lindo Wing Experience

First session – THE JOURNEY TOWARDS THE BIRTH OF YOUR BABY

- Pregnancy and hormonal changes
- The importance of the pelvic floor muscles
- Stages & signs of labour
- Preparing yourself and your partner for the birth
- The birth plan
- Natural methods of pain relief (i.e. Aromatherapy, breathing, relaxation, massage, TENS etc.)
- Stem cells collection

Second session - BIRTHING YOUR BABY

- When to come in
- When things do not go as planned (meconium stained liquor, bleeding, obstructed labour)
- Type of pharmacological pain relief methods
- Induction of labour
- Types of birth (natural birth, c-section, instrumental delivery, breech delivery)

Third session – AFTER THE BIRTH

- Early days with your baby
- Baby care (eye, cord and nappy care)
- Baby-led feeding (position, attachment)
- The morning after your delivery at the Lindo Wing – Who and What to expect
- Role of Parents
- Safety at home with your baby
- Adjusting to your new life