



IMPERIAL PRIVATE
HEALTHCARE

THE LINDO WING OF ST MARY'S



The Lindo Wing Experience

Antenatal and postnatal parent education classes designed with you in mind

If you would like some help with preparing for your birth and beyond, then we offer a comprehensive antenatal course exclusively available to Lindo Wing parents-to-be. Our course will help you and your partner prepare for life with your new baby and familiarise yourself with our hospital.

Through these sessions you will be given the skills and confidence to deal with labour, birth and the early days with your newborn.

Our course also includes an introduction to The Lindo Wing at St Mary's Hospital, giving you the opportunity to meet members of the midwifery team and other members of staff who will be there to assist you during your stay.

Group or bespoke classes available

You will be able to participate in group sessions with up to four couples which run over three consecutive weeks. This gives you the chance to meet other people giving birth at The Lindo Wing as well as understanding more about labour and birth.

If you would like a more tailored approach, we can also provide bespoke one-to-one antenatal classes which can be carried out either at The Lindo Wing or in your own home at a time to suit you. The one-to-one classes will be designed around your specific requirements.



Booking the classes

We recommend that antenatal classes are booked any time after 28 weeks of pregnancy. This gives you an opportunity to think about any questions or concerns you may have leading up to the birth and make sure you are familiar with the Lindo Wing surroundings before the big day.

Course content

Session one – the journey towards birth

This session covers all you need to prepare for the birth including nutrition, birth plans, natural pain relief and signs and stages of labour.

Session two – your birth

The second class covers the birth itself including when to come to hospital, types of birth and pain relief methods available in hospital.

Session three – after the birth of your baby

The final session is all about how to care for yourself and your baby following the birth. The class includes feeding, baby care and the early days with your baby.

Additional classes

We also offer a programme of additional classes which focus specifically on a variety of topics including breastfeeding and looking after multiple births. Please see our website for our latest programme of courses and costs.

Costs

For up-to-date prices and more details about the course content, please visit www.imperialprivatehealthcare.co.uk/our-hospitals/lindo-maternity/private-antenatal-classes/

If you are interested in attending these classes, or would like to discuss them with one of our team, please contact us:

Email: lindomaternity@imperial.nhs.uk

Tel: 020 3312 1608

The Lindo Wing, St Mary's Hospital, Praed Street, London W2 1NY

Imperial Private Healthcare is proud to be part of Imperial College Healthcare NHS Trust.
Our private income is reinvested to support our NHS services.