



Birth Skills Class

Healthy and Strong Pregnancy Education Class

Do you have clients that are expecting for the first time?

Any expecting mums who are getting back or pelvis pain?

Do you have expecting mums who are seeking advice about what exercises are safe to continue during their pregnancy?

Mornington Peninsula Family Physiotherapy, in conjunction with The Bays Hospital, holds an informative education class taught by a Women's Health Physiotherapist for expecting parents to be. The class is designed to provide information relevant for everyone throughout pregnancy. Studies have shown that prenatal education reduced the level of hospital anxiety and intensity of pain¹. A study done by Fabian et al (2005) reported 74% of first time mothers reported antenatal education prepared them for childbirth and 40% for early parenthood. Another study reported that participants who attended a birth preparation program consisting of education and exercise had significantly lower urinary incontinence and were more likely to continue with exercise during pregnancy².

Invite your clients to come and learn practical solutions to help them understand and better equip themselves for the changes their bodies go through during this special time. The class will help your patient learn what is the best for them and their baby and is more beneficial to attend in their second trimester.

Topics covered in the class include

- Pelvic floor- learn what the pelvic floor is and the changes that occur during delivery
- Safe exercises- get advice on what exercises are safe to perform throughout the pregnancy and what to do after birth
- Aches and pains- understand what aches and pains are common throughout pregnancy, discover prevention and easing strategies and ways physiotherapists can help
- Post-natal recovery- learn what to expect post delivery and what is vital to do and not to do for the best recovery possible.

If you have a client that is a expecting, invite them to Mornington Peninsula Family Physiotherapy to learn from an experienced Women's Health Physiotherapist. Bookings for the class are essential, so call the number

¹ Firouzbakht et al, (2014.) *The effect of prenatal Education on the process of Childbirth.*

² Miquelutti et al (2013) *Evaluation of a birth preparation program on lumbopelvic pain, urinary incontinence, anxiety and exercise: a randomized controlled trial.*



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