



We can provide you with antenatal and postnatal education classes online. These virtual classes cover the same topics your face to face antenatal classes and are an excellent source of help and support in the postnatal period.

The antenatal course has been developed by Registered Midwives and health professionals and called 'Understanding pregnancy, labour, birth and your baby' Information about giving birth plus learning about your baby's brain and how to optimise your relationship with the baby.

The postnatal course is 'Understanding your baby'. It was developed by health visitors and clinical psychologists, and other health professionals.

Please contact your maternity unit for information on how to access the online classes or ask your midwife at your next antenatal or postnatal appointment. Classes are available for mums, partners and grandparents so everyone can be involved.

You can access the courses directly from the following link using the access code **NIBABIES**:

[Online Learning \(heiapply.com\)](https://heiapply.com)

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