

Unfortunately **CANCELLATION** of all Antenatal **EDUCATION CLASSES** is required until further notice including:

- **Getting Ready For Baby ****
- **Antenatal Breastfeeding Workshops**
- **Hypnobirthing**
- **Pregnancy yoga**
- **Aquanatal Classes**
- **Antenatal Classes**
- **Twins Evening-** Contact Kelly McDonald NI Co-ordinator, Twins Trust: <https://twinstrust.org/>

****Please continue to attend for your routine antenatal care appointments as arranged and if possible please attend on your own.**

Here are some useful links for parents:

[Solihull Antenatal Education Online Classes](#)

[The Pregnancy Book](#)

[Brave New World](#)

[7 Easy exercises for an optimal pregnancy and labour](#)

[Positions for labour and birth: Royal Collage of Midwives](#)

[Skin to skin contact](#)

Breastfeeding Links

[Off to a good start](#)

[Global Health Media/Positioning and Attachment](#)

[UNICEF UK Baby Friendly initiative/Hand Expressing Video](#)

[UNICEF UK Baby Friendly Initiative/Maximising Breast milk Video](#)

[Global Health Media/Breastfeeding videos](#)

[UNICEF UK/Support for Parents](#)

