Post Natal Care

Postnatal Care as an Inpatient:-
A team of midwives and doctors are on duty at all times to provide care for you and your baby.

Postnatal talks (Care of Mother and Baby) run regularly on the postnatal ward- staff will inform you of the next available class!

Both new and experienced mothers are encouraged to attend. Partners are also welcome!

Information on post natal exercises is provided by the physiotherapists. This information is given on a one-to-one basis and is available Monday—Friday (excluding bank holidays).

Breast Feeding Support:-
There is a 24 hour support service available from midwives. If you have any concerns or have had difficulties with breastfeeding a previous child or children, you are welcome to contact:

Clinical Lactation Specialist
044 9340221
Bleep 130
Mon.—Thurs. 8.00am—4.30pm
Antenatal Classes

Congratulations on your pregnancy!

All women are welcome to attend antenatal classes. These provide an opportunity for you to gain more information about your pregnancy, your birth options and becoming a parent. You can expect your set of classes commence between 28-34 weeks of pregnancy.

You may attend the class venue which is most convenient for you.

All antenatal classes are free of charge.

Class Providers:

1. Midwife
2. Physiotherapist
3. Public health Nurse
4. Principal Psychologist

Antenatal classes are held in

**MULLINGAR:**
- Physiotherapy Department
  Regional Hospital Mullingar
- *Monday Afternoons 2-4pm*
- 5 classes
  *(Class 5 is held in the Primary Care Centre, Mullingar and is provided by a Principal Psychologist).*

  For Bookings phone 044 9394654

**OR**

- Regional Hospital, Mullingar
- *Thursday Evening 6-8pm*
- 5 weeks duration
  *(Class 5 is held in the Primary Care Centre, Mullingar and is provided by a Principal Psychologist).*

  For Bookings phone 044 9304221 Bleep 131
  Or Email michellel.walsh@hse.ie

**TULLAMORE:**
- Physiotherapy Department, Midland Regional Hospital, Tullamore
- *Monday Evening 6.00pm—8.00pm*
- 3 weeks duration

  For Bookings phone 057 9358721

**ATHLONE:**
- Primary Care Centre, Clonbrusk
- 4 weeks duration
- 12pm—2pm

Classes are held on alternate Tuesdays/Wednesdays on every second month throughout the year.

For more information and bookings phone 0906 424807

**LONGFORD:**
- Primary Care Centre, Longford
- Wednesday
- 12.00pm—2.00pm
- 3 weeks duration

For further details and to book your place please phone: **043 3339707**

Nina Reilly (PHN) 086 8069875
Elizabeth Flynn (PHN) 086 7742646
Mary Brady 043 3339709

Should you have any query about booking classes please email michellel.walsh@hse.ie

Antenatal breastfeeding classes are also available in Regional Hospital Mullingar—Ask our staff for more details!