

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 Class

Venue:

Time:

Date:



Grúpa Ospidéal
Oirthear na hÉireann



**Regional Hospital Mullingar
Maternity Department**

AnteNatal Classes



Parent Education - Maternity Department
Regional Hospital Mullingar 2019

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

Tullamore

Athlone

Longford

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

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 9340221 Bleep 131

Or Email michelle.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 michelle.walsh@hse.ie
