PARENTCRAFT

WHAT WE PROVIDE

The maternity unit at Ormskirk District General Hospital provide Parentcraft classes for all pregnant women. They cover many topics including:-

- Signs of labour
- Coping at home in early labour
- Pain relief in labour
- Normal labour
- Infant feeding workshop
- Caring for your newborn baby
- Safer sleeping
- Tour of the maternity unit

VENUE

Our Parentcraft classes are held at Ormskirk District General Hospital in the Antenatal Clinic Department in the Parentcraft Seminar room.

TIMES

Our Parentcraft classes run over four weeks and are held on:-

- Tuesdays 18.30 – 20.00
- Thursdays 18.30 – 20.00

We also offer a one off Saturday class, which is held one to two times per month:-

- 9.30 – 16.30

BOOKING

We ask that you are 28wks pregnant or over when attending the parentcraft sessions. To book a place on our parentcraft classes please phone 01695 656668 Monday to Friday between 16.00 – 17.00.
PARENTCRAFT AT CHILDRENS CENTRES

Many of our local Children’s centres also provide Parentcraft classes called Bump Birth and Beyond, these are held at:

- Park Children’s Centre, Barnes Road, Skelmersdale, WN8 8HN. 01695 554535
- St. Johns Children’s Centre, Birch Green Road, Skelmersdale, WN8 6JJ. 01695 556006
- First Steps Children’s Centre, Eavesdale, Skelmersdale, WN8 6AU. 01695 724873

These are held on a Tuesday afternoon at 13.00 – 15.00. Please phone your nearest Children’s Centre for dates of classes and to book your place.

AQUANATAL

We offer Aquanatal Classes for all pregnant women. This involves gentle exercises in the pool to music. They are held at:

- Park Pool, Ormskirk. Mondays 09.15 – 10.00am
- NyeBevan pool, Skelmersdale. Tuesdays 12.00 – 12.45

We ask that you are 16wks or over to attend the classes. There is no need to book a place just come along and join in. The cost is just the price of a normal adult swim. For further information please ask you Midwife or call 01695 656668.