

Antenatal Class Booking Form

Please complete this form and submit with proof of payment prior to class.

This will enable me to prepare according to your unique needs to ensure that you derive maximum benefit from the class.

General Information	
Name of Mother	
ID number and age	
Occupation	
Phone number	
Home Address	
Email Address	
Baby's due date	
Is this your first pregnancy?	
Do you have any current health issues?	
Partner's Name	
Medical Aid Name	
Medical Aid Number	
Name of care provider	

Questions for Mom-to-be	
Do you feel confident in your ability to give birth?	
Are you interested in learning about non-medicated forms of pain relief during labour?	
Are you interested in learning about pain medication used during labour?	
Are you interested in watching videos of childbirth and breastfeeding? If no, any particular reason?	
Have you used other resources to get information, e.g. books, internet, etc.? If so, what did you use? Was the information helpful?	
What do you hope to gain from this class?	

Questions for Partner	
Do you feel confident in your ability to provide support during labour and birth?	
Do you have a fair knowledge of labour and birth?	
Would you be comfortable watching videos on birth and breastfeeding? If not, any particular reason?	
Are you interested in learning methods to provide support and assist with non-medicated pain relief during labour?	
What do you hope to gain from this class?	

Tick the topics you would be most interested in learning about			
Choosing a care giver		Birthing Options	
Exercise/Nutrition		Danger signs during pregnancy	
Signs of labour		Induction of labour	
Coping with labour pains		When to go to hospital	
Stages of labour		Pain relief options	
Birth plans		Caesarean Sections	
Medical interventions during labour		Hospital procedures	
How to push during birth		Postnatal recovery	
How to care for your newborn		Breastfeeding	
What other topics would you like to learn more about?			

Which teaching methods help you learn best?			
Lecture with visual aids		Videos	
Group discussion		Question and answer sessions	
Hands-on learning		Practice	
Games/interactive activities		Homework and handouts	
Anything else not mentioned?			