



## **What's Included....**

### **WORKSHOP 1: I'm pregnant, what now? With midwife Tori Johnson**

- Your booking in appointment and how to self-refer
- What happens at a midwife appointment
- A guide to screening and scans in pregnancy
- Supplements - what do I need?
- Sexual happiness in pregnancy

### **WORKSHOP 2: General health in pregnancy, with NHS senior midwife Hannah O'Sullivan**

- Gentle nutrition in pregnancy
- Smoking and alcohol - what you need to know
- Joyful movement in pregnancy
- The lowdown on vaccinations in pregnancy
- Taking your prescribed medications in pregnancy
- Work, rest and planning ahead

### **WORKSHOP 3: Coping with common pregnancy ailments, with midwife Amy Tiltman**

- Mild pregnancy sickness
- Bleeding gums and nosebleeds
- Piles - what to do and how to spot them



- Heartburn
- Constipation
- Water retention and swelling
- Carpal tunnel syndrome
- Skin conditions
- Anaemia

#### **WORKSHOP 4: Pelvic health in pregnancy, with pelvic health specialist physiotherapist Lucy Allen**

- What is Pelvic Girdle Pain (also known as PGP)?
- Treatments for PGP
- The 101 on pelvic floor exercises
- Prolapse - how to spot it and what to do about it
- Exercises to help look after your pelvic health
- In search of sleep - positions to get good rest

#### **WORKSHOP 5: Pregnancy Sickness and Hyperemesis Gravidarum, with Registered Nurse Specialist and Pregnancy Sickness Support charity founder Caitlin Dean**

- What is Hyperemesis?
- Symptoms and diagnosis of HG
- Causes of HG
- The mental health impact of HG
- Seeking support
- Treatments and medications for HG



## **WORKSHOP 6: A guide to Consultant Led Care, with Obs and Gynae doctor Dr Pavan Minhas**

- Navigating Gestational Diabetes
- Obstetric Cholestasis
- Pre-eclampsia
- Group B Strep
- Low Papp-A
- Epilepsy and pregnancy
- Informed consent and being an active participant in your care

## **WORKSHOP 7: Navigating premature labour, with Obs and Gynae doctor Dr Ria Clarke**

- Spotting Braxton Hicks
- Early surges and when to seek help
- Spotting and bleeding in pregnancy
- A guide to your hind waters
- Everything you need to know about premature labour
- Seeking support

## **WORKSHOP 8: Mental health in pregnancy, with Clinical Psychologist Dr Rebekah Shallcross**

- What is mental health
- What causes mental health difficulties in pregnancy?
- Antenatal depression and anxiety
- The “baby blues” vs postnatal depression (planning ahead)



- Society, culture and mental health in pregnancy (body image, gender roles, expectations and identity challenges)
- Creating your pregnancy wellness plan
- A guide to your self-soothing system (breath work, mindfulness and grounding techniques)
- Self-compassion and self-acceptance
- Self-care
- Boundaries
- Setting up your support network

### **WORKSHOP 9: Navigating pregnancy as a Black woman or birthing person, with Tinuke Awe and Clo Abe from the Five X More campaign**

- Racial disparities in maternity care - what is the Five X More campaign and why do we need this workshop?
- The Six Steps - an overview
- Speaking up and advocating for yourself
- Finding an advocate
- A guide to seeking a second opinion
- Tuning into your intuition (listen to your gut)
- Doing your research
- How to document your interactions
- A note for healthcare professionals and allies

### **WORKSHOP 10: Baby loss, with Clinical Psychologist and bereavement specialist Dr Michelle Tolfrey**

- Navigating the early days and weeks of loss
- Models of grief



- Going back to work after loss
- Trauma and mental wellbeing
- Relationships after loss
- Finding your support networks
- Coping with triggers
- Trying to conceive after baby loss
- A guide for family and friends

**WORKSHOP 11: The Pregnancy Relaxation Sessions, with hypnobirthing teacher and PBC founder Siobhan Miller, crystal sonic practitioner and sound healer Jazreena Harlow, pregnancy yoga teacher Emily Katsuno and holistic life coach Dana Svoboda**

- Breathwork session and breathing meditation with Siobhan Miller
- Pregnancy sound bath with Jazreena Harlow
- Pregnancy yoga with Emily Katsuno
- Relaxation meditation for pregnancy with Dana Svoboda

**Additional Resources:**

- Downloadable PDF guides to accompany every session
- Audio relaxation MP3 series
- Downloadable pregnancy calendar with week by week guide

