



The Irish Academy of Antenatal Education

Empowering Parents Through High
Quality, Evidence-based Education

One-Day Antenatal Courses
Perfect for Expectant Parents

Expert Facilitators Who Are Professional
Midwives, Birth Educators & Lactation Consultant

Informative, Intimate, Enriching & Friendly
Classes In Comfortable & Relaxing Surroundings

Small Group Classes To Ensure
Individual Needs Are Met



BOOK ONLINE TODAY OR CALL 087 097 1075

www.antenataleducation.ie

The Irish Academy of Antenatal Education

Our quality, expert led, evidence-based, one-day antenatal classes will empower parents to take ownership of their birthing experience and make choices which are right for them while working in partnership with their caregivers. Our unique programme of education will provide you and your birthing partner with a toolkit of skills to support you through labour, birth and adaptation to parenthood helping you to feel confident and calm along your journey.

Course Content

Our comprehensive package of antenatal education facilitated over one day is ideally suited to parents between 28 & 36 weeks of pregnancy. The course covers all aspects of preparation for labour, birth, parenting and breastfeeding incorporating the key principles of Active Birth.

Expert Trainers

Our facilitators have over two decades of midwifery experience between them and work in one of Ireland's largest maternity hospitals. Expert midwives, birth educators and lactation consultant, we are committed to providing the highest standards of antenatal education in Ireland.

Location

All classes are held in the beautiful setting of the Clayton Hotel, Charlemount Street, Dublin 2, easily accessible by public transport, buses and Luas green line. Ample on-street parking available adjacent to the hotel.

Costs & Times

The cost of the course is €195 per couple, or €180 per single person, and can be booked online. As we are registered midwives, part of the cost may be reclaimed from your health insurer depending on your level of cover. Each course starts at 09:15 am and finishes at 5:15 pm.

Course Dates:

Classes are conveniently run over one day on either Saturday and Sunday for ease of access. Please refer to our website for details of course dates and to make a booking.



.. Empowering Birth ..

e: info@antenataleducation.ie | m: 087 097 1075

www.antenataleducation.ie