Water birth workshop

Interested in having a water birth?
Being in water during labour and birth has some fantastic benefits and more and more women are considering using water for the birth of their baby. Nottingham University Hospitals want to ensure that women have a positive birth experience and therefore we would like to offer the use of water to as many women as possible.

By attending the 90min workshop it will give you and your partner all the information you need about labouring and giving birth in water, so you are able to make the right decision for you.

What will be included in the workshop?
- Why newborn babies like to be born in water
- The benefits of labouring and birthing in the pool
- Who can use the pool to labour and give birth
- The role of the birthing partner

Where and when are the sessions held?
The workshop will take place in the parent education room and if the pool rooms are not being used we will also go to labour ward. The session will be of most benefit to you if you attend when you are around 34 weeks pregnant. The session is led by an experienced midwife and is done in small groups of 8 or 9 women with their birthing partners.

Because of the size limitations of the birthing pool room we ask that you only bring one birthing partner with you.

City Hospital campus: The workshop is held on the first Wednesday of every month 6-7.30pm.

QMC campus: The workshop is held on the fourth Wednesday of every month 6-7.30pm

Booking your workshop
Telephone: 0115 9691169 ext. 55178
Email: parenteducation@nuh.nhs.uk

More information on water birth
Leaflet: The Use of Water for Labour and Birth: A Guide for Parents to be
www.nuh.nhs.uk/patients-and-visitors/patient-information/adult-leaflets/maternity