

Hôpitaux Robert Schuman - Clinique Bohler  
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www.hopitauxschuman.lu  
facebook.com/lapagedesparents

## IF YOU HAVE ANY QUESTIONS OR PROBLEMS, PLEASE CONTACT :

Tiphaine Dourster, Midwife, pre- and postnatal session coordinator

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FOR FURTHER INFORMATION, WE ALSO WE ALSO INVITE YOU TO CONSULT :  
www.acteurdemasante.lu

## SPECIFIC CONSULTATIONS

### Early prenatal interview

For more personalised support, you can meet with a midwife during your pregnancy.

This is a special time for listening, discussing and finding out more about your pregnancy, childbirth and the arrival of your baby.

The aim of this interview is to take a «snapshot» of your pregnancy together, so that you can take stock of your resources (energies) to help you through this important stage in your life.

To take an appointment: +352 2862 9020

### Tobacco and women

The Women, Mother and Children Unit offers consultations with a midwife tobaccologist for any information or help you need to give up smoking during pregnancy.

To take an appointment: +352 2862 9020

### Psychological and/or social assistance service

If you need help, you can contact our services on working days from 8.30am to 4.30pm.

Psychological services: Tel: +352 2862 9101

Social services: Tel: +352 2862 9100

## ACTEUR DE MA SANTE PLATFORM

www.acteurdemasante.lu



Our digital platform aims to inform you in a clear and entertaining way on subjects that concern you as future or new parents.

Browse the «Pregnancy and birth» category and consult our various educational tools:

- **Articles**, which summarize the main points to remember for each subject covered,
- **Short video sequences or slideshows** to visualize the right gestures,
- **Quizzes** to test your knowledge,
- Serious games,
- Some prenatal workshops are given live.

All this at your own pace, as often as you like. All online information is written and validated by HRS healthcare professionals.

HÔPITAUX  
ROBERT  
SCHUMAN



## BIRTH PREPARATION INFORMATION



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hopitauxschuman.lu  
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The team at the Women, Mother and Children Unit at Hôpitaux Robert Schuman are offering you a range of on-site and online workshops to help you actively prepare for the birth of your baby.

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## FACE-TO-FACE

### BIRTH PREPARATION CYCLE



This 2-session cycle includes practical information, positioning and breathing exercises and relaxation time.

The aim of this cycle is to:

- Inform you about your pregnancy,
- Prepare you for childbirth,
- Prepare you for the first few days with your baby.

This cycle is available from the 28th week of pregnancy.

### NESTING WORKSHOP OR TAKING ACTION FOR THE HEALTH OF FUTURE GENERATIONS



The first 1000 days (from conception to the child's 2nd birthday) are considered to be a crucial stage in a baby's development. Ensuring both your health and their health during this sensitive period is everyone's business. This workshop will help you identify indoor pollutants and give you the means to take action to create a healthy environment for you and your baby.

### PHYSICAL ACTIVITY DURING PREGNANCY



Our team of midwives will work with you to prepare your body for childbirth, help you sleep soundly and reduce stress.

Remember to bring suitable clothing (trainers, stretchy clothing), water and a snack.

### BECOMING AND BEING PARENTS



Organised by the Janusz Korczak School for Parents. Counsellors talk about your commitment as parents, and the role of fathers and mothers in raising children. The bond that the father and mother forge with their child marks the beginning of the child's upbringing right through to adulthood.

### ONLINE (LIVE SESSIONS)

#### BREAST-FEEDING



This session is dedicated to breastfeeding. A lactation consultant will give you information on physiology and answer any questions you may have.



#### PREPARING FOR A CAESAREAN SECTION



This workshop will help you prepare for the possibility of a caesarean section. The different stages of a caesarean section are covered (the procedure and support in the operating theatre, the father's role during the operation, welcoming your baby, first breastfeeding, postoperative follow-up, etc.).

### AFTER BIRTH



The post-natal or fourth trimester of pregnancy is the period covering the 3 months following the birth.

Various topics are covered: newborn sleep, preventing cot death, co-sleeping, baby crying, emotional security, colic, dummies, babywearing, etc

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### PRACTICAL ARRANGEMENTS FOR FACE-TO-FACE AND ONLINE WORKSHOPS

Remember to bring suitable clothing (trainers, stretchy clothing), water and a snack.

To register, go to [www.hopitauxschuman.lu](http://www.hopitauxschuman.lu) and follow the link: I am a patient/future parents > information for future parents > preparing for birth.

The workshops are only open to patients giving birth at the Woman, Mother and Child Unit at the Hôpitaux Robert Schuman.

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