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Preparation for birth and parenthood classes are held in the SMA Centre in Wilton on Wednesdays and Thursdays. They are a one day class from 9am to 5pm.

Birth Choice classes are available and encouraged for women with one previous Caesarean birth and take place from 2pm to 4.15pm in Cork University Maternity Hospital.

Classes can be booked through Central Appointments on (021) 492 0600. If you are unable to attend the classes, please contact Central Appointments so that someone else can be offered the place.

Preparation for birth and parenthood classes for parents living on the north side of Cork city are available via Niche. Contact Niche on (021) 430 0135 or email: mary@nicheonline.ie to book your place. Preparation for birth and parenthood classes may be available in your local Health Centre also. Please check with your Public Health Nurse.

Before your baby arrives **Breastfeeding Preparation Class**

Tuesday 10-1pm in the SMA Parish Centre Wilton Main Hall.

Partners Most Welcome

To arrange an appointment please contact Central Appointments from 11-12 and 2-3 Monday –Friday on 021-4920600

After Your Discharge from Cork University Maternity Hospital there is a

Breastfeeding Support Group every Tuesday in the SMA Parish Centre, Wilton from 2-4 pm

Page 61 please check www.immunisations.ie for the updated information and schedule for immunisations for babies up to 13 months of age.