



GIVING BIRTH
WITH CONFIDENCE

**THE ANTENATAL
DIFFERENCE**





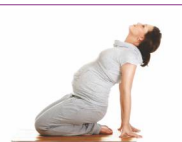
Do you really know what to expect during your pregnancy?

Whether you're delivering your first child or third, antenatal exercise programs can help you prepare to meet the challenges of labour, delivery and early parenthood. These childbirth classes are great for expectant mothers to learn how to identify signs of labour, address fears, and practice breathing techniques, relaxation and visualization methods to cope with contractions. In addition, moms-to-be get to meet others in the family way and listen to, learn from their experiences.

Apollo Cradle organises Antenatal classes to help you and your partner be better prepared for labour, birth and early parenthood. Classes are deliberately conducted for small groups so that you can take an active part in them and get personal attention. Our experts increase your confidence in your natural ability to give birth. They coach you on how to cope with everyday physical and emotional changes in ways which facilitate labour and promote comfort.

We focus on:

- Baby's growth
- Things you can do to facilitate easier child birth
- Monitoring your baby's movements
- Diet and nutrition
- Exercise and breathing techniques
- How to relieve backache and cope with pain during labour
- Breastfeeding your newborn with confidence
- Caring for your newborn - myths & facts
- Post-partum care for you
- Infant massage
- Bathing your baby
- Complete labour rehearsal



Antenatal exercises are started from the 4th or 5th month of pregnancy with the consent of the doctor. These exercises help to build good muscle tone, strengthen ligaments, mobilise joints and build up cardiac reserve, all of which help for an easy child birth.



What the Program includes:

Stretching exercises

- Adductor stretching
- Lateral flexor stretching
- Pectoralis, trapexius and scalene stretching
- Trunk muscle stretching
- Quadriceps stretching
- Calf muscle stretching
- Strengthening exercises for upper limb, lower limb, trunk and pelvic floor muscles
- Dos and don'ts for exercise during and after pregnancy

5th & 8th month of pregnancy

Breathing exercises

- Diaphragmatic breathing
- Costal breathing
- Apical breathing
- Shallow breathing

7th, 8th and 9th month of pregnancy

- Postural awareness and correction in all positions
- Relaxation techniques - Jacobson's relaxation techniques and breathing exercises
- Back care

9th month of pregnancy

- Educating the mother regarding the different stages of labour and exercises during the same
- Educating the mother regarding the correct posture and feeding positions post-delivery and emphasizing the need for postural exercise program

Pelvic floor exercises (Kegel's exercise)

Contract your pelvic floor muscles for three seconds then relax the muscles for three seconds. Do this 10-15 times several times a day. These exercises can be done during a variety of daily activities such as sitting in a meeting, while your car has stopped at a traffic light or when talking on the phone.



Connect with us to schedule your classes

Apollo Cradle was born out of **Apollo Hospitals'** philosophy of touching lives. A pioneering concept in childbirth and maternity care in India, Apollo Cradle was conceived to satisfy the service and quality needs of a younger generation of Indians. With advanced antenatal, birthing, post-partum, neonatal and gynecological services, Apollo Cradle is a healthcare facility of international standards. We strive to deliver clinical excellence, personalized care and utmost comfort to the mother, the baby and the family.

The Services Matrix

Deliveries - Normal Delivery, Instrumental Delivery, LSCS (C-Section), LSCS (C-Section) with Tubectomy | Obstetrics & Gynecology - Labour Delivery Suites, Infertility Treatments, Women Health Checks, Lactation Counselling, Laparoscopic Surgeries, Consultation | Neonatal Intensive Care Unit | Pediatric Consultation | Antenatal & Post Natal Programs | Diet & Nutrition Counselling | Mommy Make over & Cosmetology | Radiology - Fetal 4D & 3D Scan, X-Ray, Mammography | Lab Services | 24 hrs. Pharmacy | Ambulance Services

The Procedures Listing

Laparoscopy - Myomectomy, Hysterectomy, Tubectomy, Ectopic Pregnancy | Hysterectomy - Abdominal / Vaginal with BSO | D&C | MTP | Sterilisation & Contraception

The Talent Repository

Obstetrician | Gynecologists | Laparoscopy Surgeon | Neonatologist | Nutritionist | Pediatrician | Lactation Consultant | Cosmetologist | Dietitian | Anesthetist

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