

Antenatal Classes Booking Form

(Malmaison, London)



My name is: _____

My Partner's/companion's name is: _____

My baby is due on: _____

My own date of birth: _____

I would like to attend a good birth getaway on the following dates: (see website for options)

1st Choice: _____ **2nd Choice:** _____

good birth getaway, Malmaison, London @ £600/couple

My address is: _____

My telephone numbers are:

Day: _____

Evening: _____

Mobile: _____

My email: _____

Post Code: _____

My partners email: _____

Dietary restrictions such as allergies (not including pregnancy related restrictions, which will be taken into account in all menus):

How did you hear about **good birth getaway**?

- Google Yahoo MSN AOL Other Search (which one?) _____
- Junior Magazine Other magazine (which one?) Newspaper (which one?) Friend

To secure your place immediately, please complete this digital booking form and email back to us at **bookings@goodbirthgetaway.co.uk** then **click this PayPal link** to make your payment. Alternatively, you can click the PayPal link above to make your payment then post this completed form to the address below.

You may also provisionally book your place now by ringing **01926 866066**, then completing and sending this form within seven days together with a deposit cheque of £250 to;

**good birth getaway,
Ashurst House,
Emscote Road,
Warwick
CV34 5QR**

Terms and Conditions:

- Prices are based on double occupancy
- Your deposit is **100% refundable** if you cancel at least 4 weeks in advance of the course date.
- Any remaining balance for the course is due 4 weeks prior to the course date.
- If you need to cancel within 4 weeks of the course date a charge of £150 will apply.
- Any cancellations within 2 weeks of course date, you will incur a loss of the full course price. (Exceptional circumstances will be taken into consideration).
- good birth getaway reserve the right to cancel the course 4 weeks prior to course date if a minimum number of couples are not confirmed. In the unlikely event that this should occur an alternative course will always be offered. If none of the offered dates are suitable your initial course fee will be reimbursed in full.

I/We agree to the terms and conditions of good birth getaway antenatal classes.

Signature(s): _____

Date: _____

Date: _____

Antenatal Classes Booking Form

Questionnaire



Thank you for reserving your place on a good birth getaway!

Each course will be tailored to **your** individual requirements. We want to make absolutely sure that your course is relaxing, fun and rewarding, so please take a few moments to think about your pregnancy so far, and your plans for the birth of your baby. Your answers will be kept in strict confidence.

About your Pregnancy...

1. Have you had any complications such as: (please tick all that apply)

- anaemia
 GBSS
 diabetes
 morning sickness
 heart complaint
 back problems
 Symphysis Pubis Dysfunction
 high blood pressure
 other: (please state) _____

2. What kind of care have you chosen? (please tick all that apply)

- midwife led
 consultant care
 independent midwife
 doula

3. Have you chosen a birthing partner yet? (please tick one)

- Yes
 No

If so, do they have any particular concerns or issues that the course can address e.g. their role should a caesarean be required / massage techniques / decision making techniques / any others: (please list)

4. If you have decided where to have your baby, tell us where that will be: (please tick one)

- home
 birth centre
 midwife-led unit
 hospital
 other

5. If you have chosen a hospital, birth centre or midwife led unit, please tell us which one so that we can arrange to have the up-to-date statistics available for you to peruse during the course:

Hospital name: _____ Town: _____

About the birth and beyond...

Your good birth getaway will help you to make the choices that are right for you and your baby. Tell us what you'd like to course to emphasise by indicating how important these topics are to you. All of these topics will be taught, but we want to spend particular time exploring areas of primary interest to you.

1 = very important; 2 = fairly important; 3 = neutral; 4 = not relevant to me (tick one on each line)

| | 1 | 2 | 3 | 4 |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| Making new friends and contacts | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Nutrition during pregnancy / birth / postnatal period | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strategies for a straightforward birth | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| The role of the birth partner | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Using a birth ball | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Using breathing to cope with contractions | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Medical pain relief | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Massage | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Positions to make birth easier | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Water birth | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Induction | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Acceleration of labour | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| | 1 | 2 | 3 | 4 |
|-------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Different types of monitoring | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Caesarean birth | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Forceps / ventouse | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Changing nappies | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Feeding your baby | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Soothing a crying baby | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sleeping safely | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Newborn behaviours | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sex after childbirth | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Relationship changes | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Getting help postnatally | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Baby blues and postnatal depression | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Is there anything else you would like to tell us?

If you have any queries, please do not hesitate to contact us on **01926 866066**
or by email info@goodbirthgetaway.co.uk