



# Leading Antenatal Classes: A Practical Guide, 1e

*Judith Schott, Judy Priest*

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## **Leading Antenatal Classes: A Practical Guide, 1e** Judith Schott, Judy Priest

A book full of practical ideas and straightforward advice showing health professionals how to plan, organize, run and evaluate antenatal classes. The underlying theme in the book is on working with a group of people, discovering their needs, interests, concerns and aspirations, rather than lecturing at them. It is about how to teach effectively, not what to teach. It demonstrates the importance of understanding how adults learn, regularly assessing ones own goals and of planning sessions that will keep parents (and teachers) awake, involved and more satisfied with the whole experience of antenatal education.

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