



Midwifery clinics invite you to

Digital information about childbirth and parenting

The sessions are hosted by midwives working at midwifery clinics within Regionhälsan.

The information is intended for pregnant individuals together with a partner or support person, and participation is recommended after 25 weeks of pregnancy.

Session content

We will cover:

- The start of labor
- The different stages of childbirth
- Pain relief during labor
- The first period after childbirth
- The first days at home
- Breastfeeding/Bottle feeding

There will also be an opportunity to ask questions via the chat.

Teams link

The sessions are held digitally via Microsoft Teams. The Teams link will be sent out in the confirmation email and again in the reminder email.

Please make sure to test the link well in advance of the session. If you experience any technical issues, please contact your midwifery clinic for assistance.

If a session is cancelled

If a session is cancelled due to illness, it will not automatically be rescheduled.

You will be notified via email in case of cancellation. Please double-check that your email address is correct when registering.