

2As1 Antenatal Classes- Local Midwife 'Delivers' Success...

2As1 Antenatal Classes are run by a local Trim midwife, Susan Mac Nicholas.

Susan, a registered general nurse & midwife, who worked for many years in the Rotunda Hospital, Dublin, is herself a mother of three young children and set up a 1-Day Antenatal Class & Postnatal Home-visit service in Trim, Co. Meath in 2007.

She did this after realising that many couples living in the Dublin Commuter – Belt, whilst attending the hospitals for their pregnancy, wished to take the antenatal classes provided in the hospitals, however found it difficult to do so, due to the pressures of traffic, parking and co-ordinating time off in both partner's workplaces, in order to attend the classes.

Susan therefore set up 2As1 Antenatal Classes & Postnatal Home Visits and which provides One- Day Intensive Classes for couples at weekends in Trim Castle Hotel, Private Classes for individuals/couples & Refresher Classes in the locality . In late 2008, Susan extended the same service to Clontarf Castle Hotel in Dublin 3 and now 2as1 Antenatal cater for approximately 1000 clients per annum.

Susan continues to offer essential advice from the later stages of pregnancy right through to the early stages of parenthood to expectant couples and parents of newborns, in a simple and practical manner to her clients. Recently Susan was appointed to be the independent Midwifery advisor on the Every Step Panel of Experts – an advisory panel sponsored by SMA Nutrition, designed to provide mentorship across a broad range of issues which affect expectant couples & parents on a daily basis.

Along with Dr. John Sharry - a family and child psychotherapist, John Lowe - The Money Doctor (Finance expert) and Anna Sidnell - registered nutritionist, Susan Mac Nicholas - 2As1 Antenatal Classes Educator & Midwife is available for free advice to expectant couples & new parents via the online forum hosted on www.rollercoaster.ie/smaeverystep/ .

The initiative is gaining widespread coverage in various media over the past number of weeks, with interviews and features in both national & regional newspapers, radio (Susan & John L. were featured last week on-air by the Late Lunch with Gerry Kelly on LMFM) and now TV3 are to dedicate an entire week of The Morning Show, hosted by Martin King & Sybil Mulcahy, to the initiative.

So watch out for Susan on The Morning show on TV3 at 11am on Monday the 12th & Friday the 16th of October!

Susan is contactable via www.2as1.ie or by phone 046 9436 000 / 087 6505 490.