

## ACTEUR DE MA SANTE PLATFORM

[www.acteurdemasante.lu](http://www.acteurdemasante.lu)



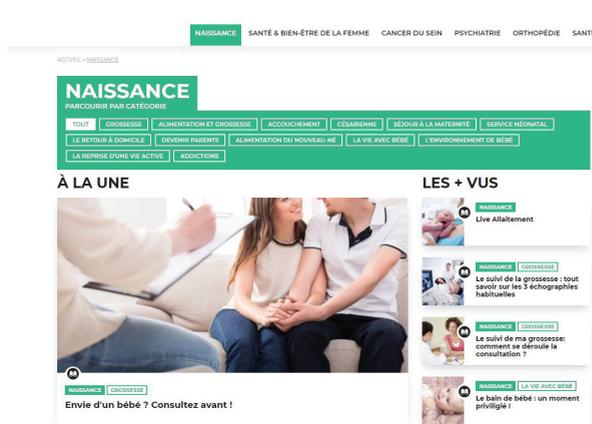
The aim of our digital platform is to provide you with clear, accessible information on subjects that concern you as future or new parents.

Browse the „Pregnancy and birth“ category and consult our various educational tools:

- The „articles „, which include a summary of the main points to bear in mind for each subject covered,
- Short video sequences or slideshows to view the most effective way or best way to act or interact,
- Quizzes to test your knowledge,
- Serious games,
- Some prenatal workshops are given live.

All this is available to view without having to go anywhere, at your own pace, as many times as you like. All the information posted online is written and validated by HRS healthcare professionals.

**These options do not replace individual monitoring by your gynaecologist and paediatrician.**



We would also like to remind you that in an emergency, you can contact the gynaecology and paediatrics polyclinics (telephone numbers on the back of this leaflet).

**Hôpitaux Robert Schuman - Clinique Bohler**  
5, Rue Edward Steichen, L-2540 Luxembourg  
T +352 286 911  
[www.hopitauxschuman.lu](http://www.hopitauxschuman.lu)  
[facebook.com/lapagedesparents](https://facebook.com/lapagedesparents)

### USEFUL INFORMATION:

A list of paediatricians will be given to you during your stay. A list of independent midwives is available on request.

**Clinique Bohler reception**  
T +352 286 911

**Clinique Bohler Maternity Ward**  
T +352 2862 9310

**Clinique Bohler Gynaecological Polyclinic**  
T +352 2862 9020

**Hôpital Kirchberg Paediatric Polyclinic**  
T +352 2862 55 40

### USEFUL SITES: :

[www.acteurdemasante.lu](http://www.acteurdemasante.lu)  
[www.santepublic.lu](http://www.santepublic.lu)  
[www.santeallaitementmaternel.com](http://www.santeallaitementmaternel.com)

Réf. Nr. article Orbis: 1027241  
Description: DEPLIANT APRES LA NAISSANCE (EN)  
Printed in Luxembourg  
W. 07.2025 – Ed. 02.2026

**HÔPITAUX  
ROBERT  
SCHUMAN**



## USEFUL INFORMATION FOR AFTER THE BIRTH



**AFTER  
THE  
BIRTH**



[hopitauxschuman.lu](http://hopitauxschuman.lu)

[facebook.com/lapagedesparents](https://facebook.com/lapagedesparents)

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AFTER YOUR STAY IN THE MATERNITY UNIT, THE TEAM IN THE WOMEN, MOTHERS AND CHILDREN UNIT AT THE HÔPITAUX ROBERT SCHUMAN ARE AVAILABLE TO HELP YOU IN YOUR NEW PARENTING ROLE.

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## BREASTFEEDING COUNSELLING

Getting started with breastfeeding can sometimes be difficult (pain, difficult latching on) or require special monitoring for some time (prematurity, insufficient milk supply, poor weight gain).

The breastfeeding consultant can help you solve these problems. She will guide you through the breastfeeding process. Her availability and attentiveness will support you in your new role as parents.

**Information and appointments**  
Tel +352 2862 9020



## POSTNATAL SESSIONS

### FACE-TO-FACE

#### NESTING WORKSHOP OR TAKING ACTION FOR THE HEALTH OF FUTURE GENERATIONS



The first 1000 days (from conception to the child's 2nd birthday) are considered to be a crucial stage in a baby's development. Ensuring both your health and their health during this sensitive period is everyone's business. This workshop will help you identify indoor pollutants and give you the means to take action to create a healthy environment for you and your baby.

#### BECOMING AND BEING PARENTS



Organised by the Janusz Korzcak School for Parents. Counsellors talk about your commitment as parents, and the role of fathers and mothers in raising children. The bond that the father and mother forge with their child marks the beginning of the child's upbringing right through to adulthood.

### ONLINE (LIVE SESSIONS)

#### AFTER THE BIRTH



The post-natal or fourth trimester of pregnancy is the period covering the 3 months following the birth. Various topics are covered: newborn sleep, preventing cot death, co-sleeping, baby crying, emotional security, colic, dummies, babywearing, etc

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## PRACTICAL DETAILS FOR FACE-TO-FACE AND ONLINE WORKSHOPS

To register, go to [www.hopitauxschuman.lu](http://www.hopitauxschuman.lu) and follow the link: I am a patient/future parents > information for future parents > preparing for birth  
Les ateliers sont accessibles uniquement pour les patientes ayant accouché au pôle Femme, Mère, Enfant des Hôpitaux Robert Schuman.

The workshops are only open to patients who gave birth at the Woman, Mother and Child Unit at the Hôpitaux Robert Schuman.

#### CONTACT :

Tiphaine Dourster, Midwife, pre- and postnatal session coordinator  
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