
Childbirth and Early Parenting Education

For enquiries regarding these Childbirth Education Sessions please contact the Maternity Bookings Centre on 9411 7444

Early in your pregnancy you may wish to consider participating in our childbirth education programs. Programs are designed to give necessary information for embracing pregnancy, labour, birth and the early days of parenting with reassurance, confidence and understanding. Midwives facilitate the programs and we encourage partners, supporting persons and grandparents to participate.

Women's Health Workshop

Applicable only before the 15th week of your pregnancy

The aim of the session is to promote optimal physical and emotional health during pregnancy and the antenatal period. Some of the topics these sessions will cover are nutrition, back care, pelvic floor maintenance, routine tests and investigations in pregnancy, managing physical discomforts of pregnancy, and exercise guidelines.

Classes run twice a month, Thursday evenings 5.45pm to 8.15pm, (Light meal Provided)

Refresher Workshop

These workshops are designed for women or couples having second or subsequent children. The session includes an introduction to St Vincents Hospital, an overview of labour and birth, pain relief during labour, when to come to hospital and where to park, discussion of postnatal and early parenting issues, infant feeding, sibling issues and a **tour of the maternity unit**

Classes run Wednesday's in the evenings, twice a month from 5.45pm-8.15pm (Light meal Provided)

Labour, Birth and Early Parenting Workshops

The focus of these sessions includes active labour, birth, and the early parenting experience for women and partners or support persons. These sessions are for women or couples having their first baby. Some other topics covered include the hospital stay, feeding newborns, settling techniques, safety issues for the baby, baby communication, positions in labour and relaxation, the role of support person/s and pain relief in labour. These workshops will be available as a series of two Saturday's either mornings/afternoons, **OR** three weeknight workshops, please choose **one** of the available options. It is appropriate to commence a series of classes when you are about 30 weeks pregnant or greater. A tour of the maternity unit is included in these classes. Classes are filled on a first in booking basis.

Obstetric Lecture - Obstetric Intervention, why is it sometimes necessary?

This lecture includes a repeat discussion about obstetric intervention and is lead by an obstetrician rather than the Midwife. Discussed is inductions & augmentations of labour, episiotomies, vacuum extractions, forceps deliveries and caesarean sections, when they are needed and why. Saturday course participants can attend this lecture by phoning Maternity Bookings on the above phone number.

Classes run the second Tuesday, Wednesday or Thursday of each month from 6pm to 7pm, (Light meal Provided)

Grandparents Lecture

Research and evidence has changed care and feeding practices for babies, keeping abreast of this is difficult enough for new parents let alone extended carers like grandparents. These classes are designed to help grandparents learn new ways in caring for babies and how to be supportive without being intrusive. Classes cover many topics such as current settling techniques, the sleep- play-feed cycle, baby safety issues in the home, bottle feeding & breastfeeding importance & new practices, rooming in, when extra feeds are and are not necessary. Classes also cover topics such as communication and the newborn, current Immunisation schedules and roles of community supports now available for new mums. (Booking forms available at childbirth and early parenting classes)

Classes run once a month on a week day 1pm to 3pm, (Light meal Provided)

Dad's and Bub's Workshop

Becoming a new father presents a whole range of challenges, new skill acquisitions, relationship changes and emotions that can be unique to the father of a new baby. We invite you to an education session for fathers only that will help give dads a greater understanding of their baby, partner and new mum and better parenting skills in their new role as a Dad. How to better support your partner in labour is revisited, and some topics discussed are nappy changing, postpartum sexuality, male bonding with babies, play time activities, supporting breastfeeding, surviving alone with the baby and many other great topics. (Booking forms available at childbirth and early parenting classes)

Classes run once a month on a weeknight from 6pm to 9pm, (Light meal Provided)

Breastfeeding Workshop

Ideally attend after completion of other workshops

The aim of this session is to compliment the knowledge gained at antenatal classes, provide up to date information in preparation for breastfeeding in the days, weeks and months after your baby's birth. Topics covered in the workshop include, how breastfeeding works, establishing breastfeeding and the first feed, positioning and attachment, understanding your milk supply and what is normal for a breastfeeding baby.

Classes run four times a month, Monday evenings 7pm -9pm, (Light meal Provided)

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