

Birth after Caesarean Information Session Dates 2020

Dates are arranged on an ongoing basis depending on staff availability and demand, usually held once a month, often a Monday or Wednesday, 6pm to 8.30pm.

January – No session

February – Wednesday 5th

March – Wednesday 11th

April – Wednesday 8th

May – Monday 11th

June – Wednesday 10th

Session facilitated by a Midwife /Obstetrician.

Attend from 24 weeks.

Partner / Support person welcome. No facilities available for child minding.

Max. of 8 women can be booked for a session. Session held in The Paluma Meeting Room, unless otherwise stated.

How to book:

- Women can self-refer using the 'Referral Form - Childbirth and Parenting Sessions'
- Be referred by doctor/midwife/GP
- Email TSV-childbirtheeducation@health.qld.gov.au Include your full name, date of birth, date baby is due, a mobile number and session date – 1st & 2nd preferences

Childbirth Education (CBE) midwife will follow up on the referrals.

Women receive a confirmation letter with date, time and information regarding the session. Reminder SMS sent before workshop.

Questions regarding childbirth education session contact CBE Mob 0457905534.

Additional information on the Birth after Caesarean Section Information Sessions:

Session will be held in the Paluma Room, First Floor, just before the Cardiac Ward.

Shortest route to the Paluma Room -

- From public carpark head towards main hospital entrance. Just before the main entrance turn right and walk past the two silver coloured bench seats, bicycle rack and sign for 'After Hours' entrance (on the left)
 - Walk towards the wall of mustard tiles
 - Enter hospital via the recessed side entrance on the left, doors open 6.30am to 9pm
 - Take lift 13 to first floor
 - Follows signs to Paluma Room – right out of lift, right into main corridor, room on left before Cardiac Ward
- Alternatively use interactive maps throughout the hospital or ask a staff member for directions

This session is run by a midwife and obstetrician. For the first hour the doctor will chat about the benefits and risks of having a vaginal birth after a caesarean (VBAC) and of a repeat caesarean. The attendees will hear about the hospital's policy on caring for women having a VBAC. Asking questions during the session is encouraged.

The midwife will discuss ways to help women and their partner/support team feel more prepared and confident for the birthing experience.

This information sharing evening allows women to explore and discuss thoughts, feelings and options for the birth in a friendly, safe, relaxed setting.

This session compliments individual one on one discussions with the care provider.