

Childbirth and Parenting Sessions August to December 2020

The Townsville University Hospital Childbirth and Parenting Education Sessions are a great way to prepare you and your family for labour, birth and early parenting. We offer both face to face and online sessions. Various options are available depending on individual needs.

Sessions include: Preparing for Birth & Parenting; Breastfeeding; Relaxation & Massage; Physiotherapy; Refresher Course; Young Parents and Birth after Caesarean.

Our sessions are free of charge to most women (valid Medicare Card needed). Education, knowledge, confidence and support are key to a positive experience, empowering families to make informed decisions during their pregnancy and parenting journey.

To ensure our participants and staff well-being we are adhering to the Queensland Health COVID-19 (novel coronavirus) Guidelines of personal hygiene and physical distancing. Strict number limits apply to face to face sessions. We ask that you do not attend sessions if feeling unwell.

If you have not completed a referral form, you can email tsv-childbirtheeducation@health.qld.gov.au Please provide your name, date of birth, date baby is due, a contact phone number and session(s) you would like to attend.

If you have questions about our program or to talk to a midwife childbirth educator call 0457905534. Questions about bookings please call 4433 1450 Monday to Friday, 9am to 3pm.

Online Preparing for Birth and Parenting Sessions (a Two-Part Series)

Part 1 – Labour and Birth & Part 2 – Hospital Stay, Parenting and Community Support

Evenings over 2 consecutive weeks, 6.00pm-8.15pm

Tuesdays - Part 1 - 18/08/20	Part 2 - 25/08/20
Tuesdays - Part 1 - 22/09/20	Part 2 - 29/09/20
Thursdays - Part 1 - 03/12/20	Part 2 - 10/12/20

Saturday daytime over one day, 9.15am-2.30pm Break 11.45am-12.30pm

22/08/20
05/09/20 or 19/09/20
17/09/20
14/11/20
19/12/20

Face to Face Preparing for Birth and Parenting Sessions

Tuesday evenings over 3 consecutive weeks 6.00pm-8.30pm

Part 1 - 13/10/20 Part 2 - 20/10/20 Part 3 - 27/10/20
Part 1 - 03/11/20 Part 2 - 10/11/20 Part 3 - 17/11/20
Part 1 - 01/12/20 Part 2 - 08/12/20 Part 3 - 15/12/20

Saturday/Sunday daytime over 2 sessions 9.00am to 1.00pm

Part 1 - 10/10/20 Part 2 - 11/10/20
Part 1 - 07/11/20 Part 2 - 08/11/20
Part 1 - 21/11/20 Part 2 - 22/11/20
Part 1 - 05/12/20 Part 2 - 06/12/20
Part 1 - 12/12/20 Part 2 - 13/12/20

Online Relaxation & Massage Session (1x2hours)

Wednesday Evening, 6.00pm to 8.00pm

30/09/20
16/12/20

Weekend

Saturday 29/08/20, 9am to 11am
Saturday 26/09/20, 9am to 11am
Sunday 08/11/20, 2pm to 4pm
Sunday 06/12/20, 2pm to 4pm

Face to Face Relaxation & Massage Session (1x3hours)

Wednesday Evening, 6pm to 9pm

18/11/20
09/12/20

Saturday 9am to 12pm

31/10/20
29/11/20

Online Breastfeeding Session (1x1.5hours)

Wednesday daytime

05/08/20, 11.00am to 12.30pm
09/09/20, 10.30am to 12.00pm
04/11/20, 11.00am to 12.30pm

Saturday Weekend daytime

29/08/20, 12pm to 1.30pm
26/09/20, 12pm to 1.30pm
31/10/20, 1.30pm to 3pm
29/11/20, 1.30pm to 3pm
12/12/20, 1.30pm to 3pm

Face to Face Breastfeeding Workshop (1x2.5hours)

Sunday 20/09/20, 12pm to 2.30pm
Wednesday 07/10/20, 10.30am to 1pm
Sunday 15/11/20, 12pm to 2.30pm
Wednesday 02/12/20, 10.30am to 1pm

Young Parents Group - Face to Face (Online as needed)

Thursday mornings weekly during school term 9.30am to 12.30pm – Jacqui & Adele

- For pregnant women 21 years and younger and young parents with babies under 4 months

Refresher Course – Preparing ‘again’ for Birth and Parenting

Saturdays once per month – online & face to face options

Face to Face - Saturday 03/10/20, 9.30am to 12.30pm
Online - Saturday 07/11/20, 1.45pm to 4.30pm
Online - Saturday 05/12/20, 1.45pm to 4.30pm

Birth after Caesarean Information Session

Wednesday evenings once per month – alternating online & face to face

Online 16/09/20, 6.15pm to 7.30pm
Face to Face 14/10/20, 6pm to 8.30pm
Online 11/11/20, 6.15pm to 7.30pm
Face to Face 02/12/20, 6pm to 8.30pm

Physiotherapist Sessions

Online & face to face options

On a weekday evening once per month

On a weekday every couple of weeks (number dependant)

Virtual Tour of Birth Suite and Maternity Ward

A virtual tour of the Birth Suite and Maternity Ward is available on the hospital web site

<https://www.townsville.health.qld.gov.au/patients-and-visitors/having-a-baby/virtual-birth-suite-and-maternity-ward-tours/>

A virtual tour is included in the Preparing for Labour, Birth and Parenting Sessions.