Refresher Course Dates January to June 2020

Dates as below (may change if needed):

January – No session

February – Saturday 29th, 9.30am to 1pm

March – Wednesday 18th, 10am to 1.30pm

April – Saturday 18th, 10am to 1.30pm (Goanna Room, First Floor)

May – Wednesday 13th, 10am to 1.30pm

June – Saturday 13th, 2pm to 5.30pm

Workshops facilitated by a Midwife / Childbirth Educator.

Attend from 28 weeks.

Partner / Support person welcome.

Maximum of 8 women per session. Session usually 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-childbirtheducation@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 Refresher Course:

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

Shortest route to the Paluma Meeting 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 Meeting Room – right out of lift, right into main corridor, room on left before Cardiac Ward

- Alternatively, women can use interactive maps throughout the hospital or ask a staff member for Directions

Wear comfortable clothes, bring a cardigan or similar and a pillow if you wish.

Your partner or a support person is encouraged to come along. There are no child-minding facilities. Having children present can often be distracting for you and all attending. Please find a suitable alternative.

This session is for women who have had a baby before and aims to:
- ‘Refresh’ knowledge on when to come to hospital and the birthing process
- Increase skills and confidence in labour and birth
- Provide tips for support people
- Discuss issues concerning early parenting and siblings
- Raise awareness of where to go for help and support
- Visit birth suite and maternity ward
- Answer questions
- Provide an opportunity to meet other women and their partners/support people

Each session varies slightly to meet the needs of those attending.