Saturday 9am to 3.30pm Dates 2020
Childbirth and Parenting Education Session 1 x 6hours

Usually held first Saturday of each month, dates as below (may change if needed):

January – 11th & 18th
February – 22nd Additional Sunday session on 9th, 10am to 3pm
March – 7th
April – 4th & 18th
May – 23rd
June – 6th

Workshops facilitated by a Midwife / Childbirth Educator.

Attend from 28 weeks.

Partner / Support person welcome.

Maximum of 10 women per session. The Paluma Meeting Room accommodates 20 attendees comfortably.

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 Saturday Childbirth and Parenting Session:

**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

Discussions during the day include information on what to expect during labour, birth and early parenting. We hope to add to knowledge and skills as well as increase confidence in these areas.

During the session women will have the opportunity to meet other pregnant women and partners/support people.

Examples of topics covered include:

**Labour and Birth**
- When to come into hospital
- What could happen in labour
- How long might it last
- How might you feel before, during and after
- Coping skills – self-help / relaxation / comfort measures / drug options and side effects
- Exploring useful positions
- Tips for support people
- Dealing with the unexpected
- Birth Suite Tour

**Early Parenting**
- What to expect in hospital after the birth
- How long do you stay in hospital?
- Maternity Ward tour – ward visiting hours
- Follow up care in the community
- Preparing for baby – lifestyle changes / emotional changes
- Support networks – home / community

**Breastfeeding**
- Why breastfeed
- Ensuring a good milk supply
- Where to go for support

We encourage women to attend a Breastfeeding Workshop to compliment this condensed Saturday session.

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