Tuesday Evening Series Dates 2020

Series starts first Tuesday of each month and runs for four consecutive weeks. First session runs 6pm to 8pm. The remaining three sessions run from 6pm to 8.30pm, dates as below (may change if needed):

Women are booked to attend a complete series in the same month as session content may vary slightly to meet group needs.

January – 7th to 28th     July – 7th to 28th
February – 4th to 25th    August – 4th to 25th
March – 3rd to 24th      September – 1st to 22nd
April – 7th to 28th      October – 6th to 27th
May – 5th to 26th        November – 3rd to 24th
June – 2nd to 23rd       Nov/Dec series – 24th Nov. to 15th Dec.

First session run by a Physiotherapist, remaining three sessions are run by a Midwife

Attend from 28 weeks.

Partner / Support person welcome.

Maximum of 9 women booked for physiotherapist session, 10 for midwife session.

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 Tuesday Evening Series Childbirth and Parenting Sessions:

We'll discuss information on what to expect during the last few weeks of pregnancy, labour, birth and early parenting. We hope to add to knowledge and skills as well as increase confidence in these areas.

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

Session 1 – Run by the Physiotherapist

- Allied Health Department, Ground Floor
- Head towards Children’s Ward
- Entrance on the left before the glass corridor

Examples of topics covered by the Physiotherapist include:

- Changes to your body during pregnancy
- Looking after yourself – keeping comfortable; back care; pelvic floor care and general exercise
- Relaxation techniques for labour

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

Examples of topics covered by the Midwife include:

- Labour and Birth
  - When to come into hospital
  - What to bring
  - Time frames - “stages of labour”
  - What could happen in labour
  - Feelings / sensations 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 / Asking questions / Importance of Birth Review if needed
  - 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
  - Caring for baby
  - Support networks – home / community

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

To compliment the breastfeeding information covered in these sessions we run separate once off Breastfeeding Workshops. We encourage all women to book into one.

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