

One Day Caesarean Birth & Parenting Class

Time: 0900 – 1700

Refreshments

- Introduction
- The importance of support through a caesarean birth
- A caesarean birth plan
- What to expect after the caesarean

Morning Tea

- Pain relief & recovery
- Breastfeeding & your hospital stay

Lunch

- Lifestyle changes following the birth & strategies for new parents to cope with the change
- Realistic expectations of a newborn baby
- Settling techniques
- Community support & resources

Included in the day:

Tea and coffee on arrival

Morning and afternoon tea

A folder of useful information and resources

Free parking

For more information contact: ready4baby.au@gmail.com

Ready4Baby Pty Ltd