

One Day Birth & Parenting Class

Time: 0900 – 1700

Refreshments

- Introduction
- The importance of support during labour & birth
- The 3 stages of labour
- How to recognize the start of labour
- When to go to hospital
- Positions & self-help techniques for coping with labour & birth

Morning Tea

- Positions of the baby affecting the labour process
- Unexpected outcomes
- Pharmacological pain relief options for labour

Lunch

- Breastfeeding & your hospital stay
- Lifestyle changes following birth & the strategies for new parents to cope with the change

Afternoon Tea

- 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