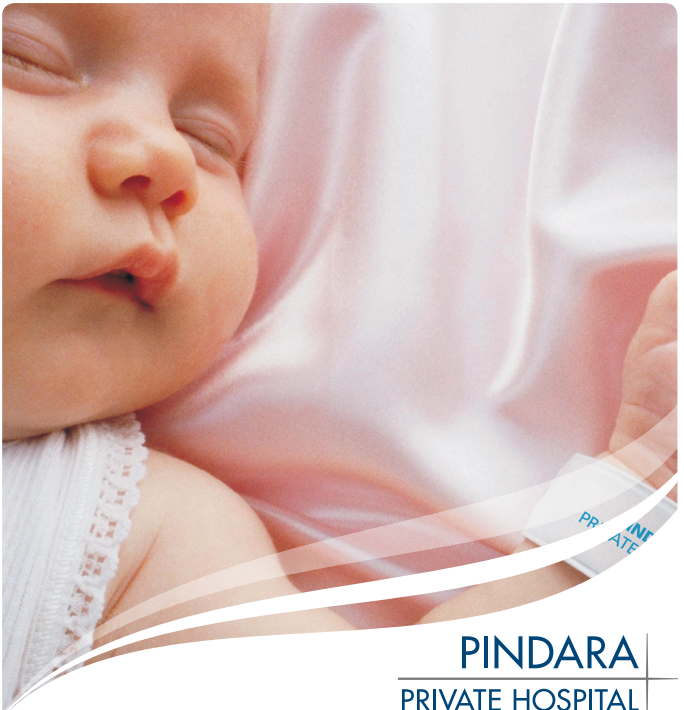


# Childbirth & Parenting Classes

Patient Information



PINDARA  
PRIVATE HOSPITAL

# Why go to classes?

The childbirth and parenting classes are designed to give you and your partner the knowledge and confidence to enjoy the future now that you are about to become parents.

Our aim is to make the transition to parenthood a positive one by preparing you for the changes you will face, equipping you with the skills to cope with them and enabling you to make informed choices and decisions about your care.

Childbirth classes are also the ideal occasion to meet other couples and to develop a support network with others going through the same experiences.

Each session is designed to cover a variety of topics from pregnancy and labour, through to baby care and parenting skills. Everything you are taught is evidence based and reviewed regularly to ensure that all information is current and accurate.

The classes are run by midwives who have many years of experience in both maternity care and education. They will give you the opportunity to ask questions and consider all your options in a relaxed and informal environment.

# When & where are the classes held?

There are three options for you to choose and all are held in the education room located by the back entrance of the hospital. Class sizes are limited to a maximum of 10 couples.

**WEEKLY CLASSES** 5 sessions are held over a 5 week period. Light refreshments are available.

**WEEKEND WORKSHOP** These are held once a month. 2 sessions are held on consecutive Saturdays. Lunch and refreshments are included.

**CAESAREAN CLASSES** These classes are designed as an alternative to the other options, specifically for couples who have planned an elective caesarean section. They are held every three months. Lunch and refreshments are provided for you.



# What is covered in the courses?

## Weekly classes & weekend workshop

- Anatomy & physiology
- Stages of labour
- When to come to hospital
- Birth video
- Pain relief
- Birth preferences
- Medical interventions
- Avoiding interventions
- After the birth
- Staff roles
- Hospital tour
- Emotional changes
- Postnatal support
- Feeding your baby
- Neonatal examination
- Newborn conditions
- Immunisation
- Parenting skills

## Caesarean classes

- Basic anatomy
- The caesarean procedure
- After the birth
- Staff roles
- Hospital tour
- Emotional changes
- Postnatal support
- Feeding your baby
- Neonatal examination
- Newborn conditions
- Immunisation
- Parenting skills

## How to book

We recommend you start the classes when you are around 28-32 weeks pregnant and we encourage you to book early as the classes become full quickly. We suggest that you contact us when you book into the hospital.

A fee may be payable when booking the classes, depending on your health fund. Your place will not be secured unless payment is received. Fees are non-refundable, except for medical reasons.

For any queries or to register, phone Pindara Hospital on **07 5588 9888** and ask to speak to the Maternity Unit. Our receptionist is available to help you between 8am-4pm Monday to Saturday.



People caring for people

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