Courses

- Early Pregnancy
- Preparation for Birth
- Parenting
- Multi-lingual classes
- Breastfeeding
- Aqua, Yoga & Pilates
- Other

www.nshealthpromotion.com.au
Email: nslhd-parented@health.nsw.gov.au
Ph: (02) 9462 9588 Fax: (02) 9462 9079

Health Promotion Lower North Shore 2018
March 2018 Edition
Introduction

Childbirth & Early Parenting Education is a prenatal education unit within Health Promotion, as part of Northern Sydney Local Health District, (NSLHD).

We conduct preparation for birth, parenting and exercise programs, as well as facility tours for expectant parents – primarily, but not exclusively for those attending RNSH for the birth of their baby.

We are a non-profit organisation with most of our income being generated from course fees. These fees help to cover costs only and concessions are available (see booking conditions).

Our educators are qualified physiotherapists, midwives, teachers & exercise leaders who are highly skilled adult educators. All educators undergo continuous training and assessment within NSLHD.

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</table>

ALTHOUGH EVERY EFFORT IS MADE TO ADHERE TO THESE PROGRAMS, CHILDBIRTH & EARLY PARENTING RETAINS THE RIGHT TO CANCEL OR CHANGE THE ARRANGEMENTS.
ENROLMENT confirmation is given ONLY after payment is received.

BOOK early to ensure your choice of classes

Program Dates: Please visit our website for dates and times or email or phone before completing enrolment form.

Payment: Complete credit card details on the enrolment form. Make cheques/money orders payable to Northern Sydney Local Health District. Fees may be subject to change. All fees are GST inclusive.

Fees: We are a non profit organisation and fees are set on a cost-recovery basis only. All fees are GST inclusive.

Confirmation & Receipt: Will be emailed out together with program details, venue and parking information.

Concession: Health Care Card holders, full-time students and staff members. Copy of concession ID required. Email or ring for details. Some classes not included.

Rebates: Check with your Private Health Fund regarding rebates on our programs.

Refunds: No refunds unless course is cancelled by Childbirth & Early Parenting Education, so please choose carefully.

Credits: In extraordinary circumstances, credit or refund will be considered. Applications must be made in writing to: nslhd-parented@health.nsw.gov.au. Each case will be assessed on its merits and the Manager’s determination will be final.

Class Venue: Please see back of brochure.
## Birth & Beyond

### Birthing Workshop

**WEEK NIGHTS 5.45pm – 7.45pm or 8pm – 10pm**

*Bookings recommended from 12 weeks*

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<tr>
<th></th>
<th>One :D</th>
<th>Two :D:D</th>
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<tbody>
<tr>
<td>COST:</td>
<td>$155</td>
<td>$310</td>
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</table>

This workshop offers an alternative to the 7 week series and it is recommended that you attend this course from approximately 30 weeks. The workshop is designed as a one day ‘crash course’ which aims to provide information about labour and birth. **Topics include:** stages of labour, when to come to hospital, Active Birth, choices and coping strategies, pain relief and the role of the support person and a **Tour of the Birth Unit.** We strongly recommend that you also attend both the Parenting Workshop and Building a Family which complement the Birthing Workshop.

### Building a Family – A Team Approach

**FRIDAY 7pm – 9.30pm**

*(1 session only)*

| COST: | Included in workshop package |

A one-off evening session to be done after attending the Birthing Workshop or Keeping Birth Normal. This session is co-led by experienced male and female parenting educators. This session includes looking at birthing and parenting from a male perspective, as well as discussion on becoming a mum and a dad.
### Keeping Birth Normal

**SUNDAY 8.45am – 5pm**  
*Bookings recommended from 12 weeks*

**COST:**  
- One 👧🏻 – $125  
- Two 👧🏻👧🏻 – $250

This workshop offers an alternative to the 7 week series and it is recommended that you attend this course from approximately 30 weeks. This workshop is designed to provide information on techniques for a natural birth.  
**Topics include:** labour, situations that impact on labour, working with your body and partner/support person, relaxation and active birth techniques. *Tour of the Birth Unit* is included. We strongly recommend that you also attend both the Parenting Workshop and Building a Family which complement Keeping Birth Normal.

### Parenting Workshop

**SATURDAY 8.45am – 5pm**  
*Bookings recommended from 12 weeks*

**COST:**  
- One 👧🏻 – $120  
- Two 👧🏻👧🏻 – $240

This pre-birth workshop explores the reality of parenting and it is recommended that you attend this course from approximately 30 weeks. This workshop provides information on understanding your baby’s needs, settling techniques, breastfeeding, home safety and equipment, handling and care of baby, and becoming a family. We strongly recommend that you also attend either the Birth & Beyond series, Birthing Workshop, or Keeping Birth Normal.

<table>
<thead>
<tr>
<th>Discount for Package Options</th>
<th>Birth &amp; Beyond Series or Hypnobirthing® Series + Parenting Workshop receive a 10% discount</th>
<th>Birthing Workshop or Keeping Birth Normal + Parenting Workshop + Building a Family receive a 10% discount</th>
</tr>
</thead>
</table>
### Early Pregnancy

**MONTHLY, WEEK NIGHTS 7pm – 9.30pm**

*Bookings recommended from 6 - 20 weeks*

**COST:**
- One 🌟 – $30
- Two 🌟🌟 – $60

If this is your first pregnancy, it is recommended that you attend this class anytime before 20 weeks pregnant. Bookings are essential. **Topics include:** the developing baby, effect of pregnancy on expectant parents, minor discomforts/strategies for management, nutrition, prenatal exercise and back care.

### HypnoBirthing®

**MONDAY 7pm – 9:30pm**

*Bookings recommended from 12 weeks*

**COST:**
- One 🌟 – $155
- Two 🌟🌟 – $310

This 6 week program is designed for expectant parents and it is recommended that you commence this course from approx. 20-30 weeks. HypnoBirthing® is an inspired and mindful program empowering parents with techniques to achieve a gentle, calm birth for themselves and their baby. **Techniques include:** breathing, relaxation, visualisation, self-hypnosis and affirmations – skills that will become ‘skills for life’. A complimentary **Sunday Tour of the Birth Unit** is included (must be booked separately). The Parenting Workshop complements this program.

**Discounts are offered if wishing to attend other birthing or parenting classes - please enquire when booking.**

### Expecting Again

**FRIDAY 8pm – 10pm**

*(2 sessions only)*

**COST:**
- One 🌟 – $75
- Two 🌟🌟 – $150

Designed for those who have previously attended a prenatal course or who have experienced childbirth. This course provides an update on birth options, obstetric practice, information, understanding and strategies for preparing elder sibling/s for the arrival of a new baby. An optional **Tour of the Birth Unit** is offered.
### Caesarean Birth

<table>
<thead>
<tr>
<th>TUESDAY 8pm - 10pm</th>
<th>(1 session only)</th>
<th>COST:</th>
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<td></td>
<td></td>
<td>One ☺ - $45 Two ☺☺ - $90</td>
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This session prepares expectant parents for a caesarean birth. Information is provided about procedures, role of the support person and physical recovery following a caesarean birth.

### ‘Grand’ Parenting

<table>
<thead>
<tr>
<th>SUNDAY 9am - 1pm</th>
<th>(1 session only)</th>
<th>COST:</th>
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<td></td>
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<td>One ☺ - $65 Two ☺☺ - $130</td>
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An informal grandparents’ information session about being a grandparent today - looking at what has changed about birthing and parenting and what has stayed the same as well as childproofing your home and grounds.

### Twins Plus

<table>
<thead>
<tr>
<th>SUNDAY 1pm - 4pm</th>
<th>(1 session only)</th>
<th>COST:</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>If attending Birth &amp; Beyond or Birthing workshop: One ☺ - $55 Two ☺☺ - $110 If attending Twins Plus Only: One ☺ - $75 Two ☺☺ - $150</td>
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</tbody>
</table>

If these are your first babies, this course is designed to be attended in addition to and after one of our Birthing Programs, as this class highlights what will be different for multiple births. If you are ‘expecting again’ these classes will highlight how a twins + pregnancy and birth will differ from your previous experiences. **Topics include:** being pregnant with twins or more, premature birth, how birthing may differ, getting out with twins plus, options for feeding, rest and play.
This breastfeeding class is free of charge and held twice a month; no bookings are required. Please telephone 9462 9584 for our recorded message on dates and further information.

Other family members welcome.

This breastfeeding class is held monthly and caters to those who cannot attend a daytime session. Other family members welcome. Bookings essential.
How to Enrol

Please read the booking conditions carefully before proceeding.

If booking online please see our website for details: www.nshealthpromotion.com.au

If enrolling by email/mail/fax:

- Select the course(s) you would like to attend.
- Email/ring to obtain dates for selected classes or visit our website.
- Complete the Enrolment Form.
- If claiming a concession, a copy of your concession ID is required.
- Complete credit card details on the enrolment form. Make cheques/money orders payable to Northern Sydney Local Health District.
- Email: nslhd-parented@health.nsw.gov.au
  Or
- Fax to 9462 9079
  Or
- Post the completed Enrolment Form to:
  Childbirth & Early Parenting Education
  Level 5, RNS CHC
  2C Herbert Street
  St Leonards NSW 2065

Class Venue: Please see back of brochure.

Note:

If enrolling in exercise classes, please download the Medical Clearance Form from our website:

www.nshealthpromotion.com.au

Please complete & have signed by your Health Professional and take along to your 1st session. If you are unable to download the form please ring on 9462 9586 and arrange a form to be mailed to you.
ENROLMENT FORM – confirmed after receipt of payment

(1) Family Name............................................................................................................ First Name..................................................................................................................

(2) Family Name............................................................................................................ First Name..................................................................................................................

Address....................................................................................................................................................................................................................................... Postcode........................................

Phone: Mobile.......................................................... Other .................................................. Email ................................................................................................................................................

Baby's Due Date........................................................................................................... Are you of Aboriginal or Torres Strait Islander origin? ☐ Yes ☐ No

Language Spoken at Home ....................................................................................... Concession Card & Type..........................................................................................................  

<table>
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<tr>
<th>Office Use Only</th>
<th>Program Name</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
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Complete credit card details below or make cheques/money orders payable to: Northern Sydney Local Health District.
Email to: nslhd-parented@health.nsw.gov.au or post to: Parenting Education, RNS CHC, Level 5, 2C Herbert St, St Leonards 2065

Total Amount $________

Credit Card ☐ Mastercard ☐ Visa

Card No: ___________________________ ___________________________ ___________________________ ___________________________ Expiry Date: ______/____

Cardholder’s Name........................................................................................................... Cardholder Signature...........................................................................................................

This information is strictly confidential and will be used for RNSH administration purposes only. If claiming concession a copy of concession ID is required.
ENROLMENT FORM - confirmed after receipt of payment

(1) Family Name............................................................................................................. First Name.............................................................................................................
(2) Family Name............................................................................................................. First Name.............................................................................................................
Address.......................................................................................................................................................................................................................................
Postcode
Phone: Mobile................................................ Other ......................................................... Email ..........................................................
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Complete credit card details below or make cheques/money orders payable to: Northern Sydney Local Health District.
Email to: nslhd-parented@health.nsw.gov.au or post to: Parenting Education, RNS CHC, Level 5, 2C Herbert St, St Leonards 2065

Credit Card [ ] Mastercard  [ ] Visa
Card No:  [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ] Expiry Date: [ ] [ ]

Cardholder’s Name............................................................................................................. Cardholder Signature.........................................................................................

This information is strictly confidential and will be used for RNSH administration purposes only. If claiming concession a copy of concession ID is required.
How to Enrol

Please read the booking conditions carefully before proceeding.

If booking online please see our website for details: www.nshealthpromotion.com.au

If enrolling by email/mail/fax:

- Select the course(s) you would like to attend.
- Email/ring to obtain dates for selected classes or visit our website.
- Complete the Enrolment Form.
- If claiming a concession, a copy of your concession ID is required.
- Complete credit card details on the enrolment form. Make cheques/money orders payable to Northern Sydney Local Health District.
- **Email**: nslhdp-parented@health.nsw.gov.au
  - Or
- **Fax** to 9462 9079
  - Or
- **Post** the completed Enrolment Form to:
  Childbirth & Early Parenting Education
  Level 5, RNS CHC
  2C Herbert Street
  St Leonards NSW 2065

Class Venue: Please see back of brochure.

Note:

If enrolling in exercise classes, please download the Medical Clearance Form from our website:

www.nshealthpromotion.com.au

Please complete & have signed by your Health Professional and take along to your 1st session. If you are unable to download the form please ring on 9462 9586 and arrange a form to be mailed to you.
**Infant Massage**

Presented by CPR Kids, this is the perfect course to empower you on baby CPR and the most common first aid situations affecting babies aged 0 – 12 months. These classes are taught by expert paediatric nurses and midwives who specialize in affecting babies, with a focus on knowing what to do in emergency situations. Suitable for ante-natal or post-natal attendance.

- Babies newborn to 6 months welcome.
- Children’s health with a focus on knowing what to do in emergency situations. Suitable for ante-natal or post-natal attendance.
- Early Bookings Essential - Email: nslhd-parented@health.nsw.gov.au or telephone 9462 9588 - Choose option 1

<table>
<thead>
<tr>
<th>Age</th>
<th>Cost</th>
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<tbody>
<tr>
<td>One</td>
<td>$99</td>
</tr>
<tr>
<td>Twins</td>
<td>$198</td>
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</tbody>
</table>

**Baby CPR & First Aid**

Early Bookings Essential

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<th>Age</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>One</td>
<td>$99</td>
</tr>
<tr>
<td>Twins</td>
<td>$198</td>
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</tbody>
</table>

**Maternity Tour**

This comprehensive tour is designed for women and their partners who are choosing a hospital, attending classes outside the hospital, or simply want to become familiar with the Birth & Maternity Unit at Royal North Shore Hospital. (Please note that tours are included in our birthing classes).

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>One</td>
<td>$99</td>
<td></td>
</tr>
<tr>
<td>Twins</td>
<td>$198</td>
<td></td>
</tr>
</tbody>
</table>

**SUNDAY 4.45pm - 6.30pm or 4.45pm - 6.30pm**

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<tr>
<th>Age</th>
<th>Cost</th>
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<tbody>
<tr>
<td>One</td>
<td>$99</td>
</tr>
<tr>
<td>Twins</td>
<td>$198</td>
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**MONDAY/TUESDAY 10AM – 11.30AM**

*Suggest infant be between 4 weeks and 6 months old or prior to crawling*

<table>
<thead>
<tr>
<th>Age</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>One</td>
<td>$120</td>
</tr>
<tr>
<td>Twins</td>
<td>$140</td>
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</tbody>
</table>

**COST:**

- One – $99
- Twins – $198

**Early Booking Essential**

<table>
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<tr>
<th>Age</th>
<th>Cost</th>
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<tbody>
<tr>
<td>One</td>
<td>$120</td>
</tr>
<tr>
<td>Twins</td>
<td>$140</td>
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</table>

**SUNDAY 9AM – 12PM**

(1 session only once a month)

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<thead>
<tr>
<th>Age</th>
<th>Cost</th>
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<tbody>
<tr>
<td>One</td>
<td>$8</td>
</tr>
<tr>
<td>Twins</td>
<td>$16</td>
</tr>
</tbody>
</table>
Birthing Workshop  
Cantonese or Mandarin Speaking Participants  
SATURDAY 8.45am – 5pm  
*Bookings recommended from 12 weeks*  
**COST:**  
One ☺ – $125  
Two ☺☺ – $250

These workshops, facilitated by a Cantonese or Mandarin speaking educator, are designed as a one day ‘crash course’ which aims to provide information about labour and birth, postnatal care and community services. It is recommended that you attend this course from approximately 30 weeks. *Tour of Birth Unit* included.

Parenting Workshop  
Cantonese or Mandarin Speaking Participants  
SATURDAY 8.45am – 5pm  
*Bookings recommended from 12 weeks*  
**COST:**  
One ☺ – $120  
Two ☺☺ – $240

These pre-birth workshops, facilitated by a Cantonese or Mandarin speaking educator, provide information on understanding your baby’s needs, settling techniques, breastfeeding, home safety & equipment, handling and care of baby, and becoming a family. It is recommended that you attend this course from approximately 30 weeks.

If attending both Workshops  
a 10% discount applies
**MULTI-LINGUAL ANTE-NATAL BREASTFEEDING CLASSES (1 Session only)**
These classes for expectant parents are designed to give confidence and knowledge about breastfeeding. Other family members welcome.

<table>
<thead>
<tr>
<th>Breastfeeding Classes</th>
<th>MONDAY 10am – 12.00pm</th>
<th>No Charge</th>
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<tbody>
<tr>
<td><strong>CANTONESE Speaking Participants</strong></td>
<td><strong>Every 2nd Month</strong></td>
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<tr>
<td><strong>MANDARIN Speaking Participants</strong></td>
<td><strong>Every 2nd Month</strong></td>
<td></td>
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<tr>
<td><strong>KOREAN Speaking Participants</strong></td>
<td><strong>Every 2nd Month</strong></td>
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</tbody>
</table>

These breastfeeding classes are free of charge and held every 2nd month, no bookings are required. Please telephone for further information (9462 9588 English), (8877 5308 for Cantonese/Mandarin, Wednesdays only from 9am to 2.30pm).

<table>
<thead>
<tr>
<th>Breastfeeding Classes</th>
<th>WEDNESDAY 10am – 12.00pm</th>
<th>No Charge</th>
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<tbody>
<tr>
<td><strong>KOREAN Speaking Participants</strong></td>
<td><strong>Every 2nd Month</strong></td>
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</table>

These breastfeeding classes are free of charge and held every 2nd month, no bookings are required. Please telephone for further information (9462 9588 English), (Korean 0430 966 703).
# AQUA & YOGA CLASSES - PRENATAL AND POSTNATAL

Please arrive 15 minutes early for first class and bring along your medical clearance form. Note: A separate copy of your medical clearance form is needed for each type of exercise.

<table>
<thead>
<tr>
<th>Aqua Class Prenatal and Postnatal</th>
<th>Wednesday: 7pm – 8pm</th>
<th>COST:</th>
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</thead>
<tbody>
<tr>
<td>Venue: Hydrotherapy Pool</td>
<td></td>
<td>One 😊 – $110 for 5 sessions</td>
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<tr>
<td>Graythwaite Rehabilitation Centre</td>
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<td>Ryde Hospital</td>
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Exercise classes are offered on a continuous weekly basis and all sessions are led by qualified instructors. It is recommended that you commence the Prenatal Aqua class when you are 16+ weeks. Postnatal exercise is recommended from 6 weeks after baby's birth, and after your postnatal check-up. These classes are designed to improve/maintain health and muscle strength during pregnancy or following birth.

Our MEDICAL CLEARANCE FORM completed and signed by your Health Professional MUST be brought along to your first class.

Note: When enrolling in exercise classes, please download the Medical Clearance Form from our website: [www.nshealthpromotion.com.au](http://www.nshealthpromotion.com.au). Please complete & have signed by your Health Professional and take along to your first session. If you are unable to download the form please ring on 9462 9588 and arrange a form to be mailed to you.
Yoga Class
Prenatal and Postnatal

Tuesday: 6pm – 7pm
Venue: Guringai Conference Room, Ground Floor
RNS Community Health Centre

COST:
One 😊 – $110 for 5 sessions

Exercise classes are offered on a continuous weekly basis and all sessions are led by qualified instructors. It is recommended that you commence the Prenatal Yoga class when you are 14+ weeks. Postnatal exercise is recommended from 6 weeks after baby’s birth, and after your postnatal check-up. These classes are designed to improve/maintain health and fitness during pregnancy or to get back into shape following birth.

Our MEDICAL CLEARANCE FORM completed and signed by your Health Professional MUST be brought along to your first class.

Pilates Based exercise Class
Postnatal ONLY

Babies welcome

Friday: 9.45am & 11am
Venue: Guringai Conference Room, Ground Floor
RNS Community Health Centre

Monday: 9.45am & 11am
Venue: Frenchs Forest Early Childhood Centre

COST:
One 😊 – $110 for 5 sessions

Postnatal classes are designed to improve/maintain health and fitness and to get back into shape following birth. Postnatal exercise is recommended from 6 weeks after baby’s birth, and after your postnatal check-up. Babies welcome. If attending classes at Frenchs Forest, please bring a yoga mat for yourself and a small towel & wrap for baby.

Our MEDICAL CLEARANCE FORM completed and signed by your Health Professional MUST be brought along to your first class.
Class Venue

Unless otherwise indicated, all classes are held on the ground floor at RNS Community Health Centre, 2C Herbert Street, St Leonards.

**PLEASE NOTE:**
Childbirth & Early Parenting Education telephones are manned Monday to Friday 9am to 4pm ONLY.

Please leave a message and we will return your call within several working days.

Due to confidentiality constraints all RNS returned calls will show up on your phone as ‘unknown’, ‘blocked’ or ‘private’ numbers.