



Health  
Northern Sydney  
Local Health District

## ROYAL NORTH SHORE HOSPITAL

# Childbirth & Early Parenting Education



### Courses

- Early pregnancy
- Preparation for birth
- HypnoBirthing®
- Parenting
- Multi-lingual classes
- Breastfeeding
- Aqua, yoga
- Postnatal physio exercise
- Other

Online Booking Now  
Available - Visit our Website

[www.nshealthpromotion.com.au](http://www.nshealthpromotion.com.au)

Email: [nsldh-parented@health.nsw.gov.au](mailto:nsldh-parented@health.nsw.gov.au)

Ph: (02) 9462 9588

Health Promotion Lower North Shore

December 2019 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 pre & post natal 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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ALTHOUGH EVERY EFFORT IS MADE TO ADHERE TO THESE PROGRAMS, CHILDBIRTH & EARLY PARENTING RETAINS THE RIGHT TO CANCEL OR CHANGE THE ARRANGEMENTS.

## Booking Conditions

ENROLMENT: Book early to ensure your choice of classes. **Confirmation** is emailed ONLY after payment is received.

- Bookings:** Please visit our website [www.nshealthpromotion.com.au](http://www.nshealthpromotion.com.au)
- Fees:** We are a non profit organisation and fees are set on a cost-recovery basis only. All fees are GST inclusive.
- Concession:** Health Care Card holders, full-time students, social work referrals and staff members. Copy of concession ID required. **Concessions unavailable when booking online - please 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: [nsldh-parented@health.nsw.gov.au](mailto:nsldh-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

**MON 7pm-9pm, WED & THURS 5.45pm-7.45pm or 8pm-10pm** *Bookings recommended from 12 weeks*

**COST:**  
One 😊 – \$165 Two 😊 – \$330

This 7 week program is designed for first time parents and it is recommended that you commence this course from approximately 25 weeks. This series is interactive and will provide multiple opportunities for discussion.

**Topics include:** stages of labour, when to come to hospital, Active Birth, choices, coping strategies, pain management, the role of the support person, birthing & parenting from a male perspective and taking baby home. Sessions include practical exercises to prepare for birth and a **Tour of the Birth Unit**. A 'postnatal reunion' is offered approximately 6 weeks after birth. The Parenting Workshop complements this program.

## Birthing Workshop

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

**COST:**  
One 😊 – \$135 Two 😊 – \$270

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 management 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 this course.

## Building a Family – A Team Approach

**FRIDAY 7pm – 9.30pm** (1 session only)  
*Bookings available through office - not online*

**COST: Free - with  
Workshops & Hypnobirthing®**

A one-off evening session to be done **AFTER** attending the Birthing Workshop, Birthing Workshop with a Difference or Hypnobirthing®. 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.

## Birthing Workshop with a Difference

**SUNDAY 8.45am - 5pm**

*Bookings recommended from 12 weeks*

**COST:**

One 😊 - \$135 Two 😊 - \$270

This workshop offers an alternative to the 7 week series and it is recommended that you attend this course from approximately 30 weeks. This one-day workshop provides similar information to the Birthing Workshop, with extra focus on using your own resources and strategies to manage labour and more time to practice them - a great alternative. **Tour of the Birth Unit** is included. We strongly recommend that you also attend both the Parenting Workshop and Building a Family which complement this course.

## Parenting Workshop

**SATURDAY 8.45am - 5pm**

*Bookings recommended from 12 weeks*

**COST:**

One 😊 - \$130 Two 😊 - \$260

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 Birthing Workshop with a Difference.

## Discount for Package Options

**Birth & Beyond Series or Hypnobirthing® Series + Parenting Workshop**  
receive a 10% discount

**Birthing Workshop or Birthing Workshop with a Difference + Parenting Workshop**  
receive a 10% discount

## Early Pregnancy

**MONTHLY, WEEK NIGHTS 7pm - 9.30pm**  
*Bookings recommended from 6 - 20 weeks*

**COST:**  
One 😊 - \$35   Two 😊😊 - \$70

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, management strategies for minor discomforts, nutrition, prenatal exercise and back care.

## HypnoBirthing®

**MONDAY 7pm - 9:30pm**  
*Bookings recommended from 12 weeks*

**COST:**  
One 😊 - \$165   Two 😊😊 - \$330

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 + Building A Family (must be booked separately, by emailing us your request.). 10% discount offered if wishing to attend other birthing or parenting classes. We strongly recommend that you also attend both the Parenting Workshop and Building a Family which complement this course.

## Expecting Again

**FRIDAY 8pm - 10pm**  
*(2 sessions only)*

**COST:**  
One 😊 - \$80   Two 😊😊 - \$160

Designed for those who have previously 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.

## Twins Plus

**SUNDAY 1pm - 4pm**  
*(1 session only)*

### COST:

One 😊 - \$75 Two 😊 - \$150

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.

## Caesarean Birth

**TUESDAY 8pm - 10pm**  
*(1 session only)*

### COST:

One 😊 - \$50 Two 😊 - \$100

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

**SUNDAY 9am - 1pm**  
*(1 session only)*

### COST:

One 😊 - \$80 Two 😊 - \$160

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.

## 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.

### DAY TIME: Breastfeeding Class English

**THURSDAY 10am - 1pm**  
*(1 session only) Twice a Month*

No Charge

This breastfeeding class is free of charge and held twice a month; no bookings are required. Please see our website for dates and further information.

### EVENING: Breastfeeding Class English

**THURSDAY 7pm - 9.30pm**  
*(1 session only) Once a Month*

**COST:**  
One 😊 - \$35 Two 😊 - \$70

This evening 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](http://www.nshealthpromotion.com.au)

If enrolling by email or mail:

- ◆ Obtain dates and information from our website
- **Email** your completed Enrolment Form to: [nslhd-parented@health.nsw.gov.au](mailto:nslhd-parented@health.nsw.gov.au)

**Or**

- **Post** the completed Enrolment Form to:  
Childbirth & Early Parenting Education  
Level 5, RNS CHC  
2C Herbert Street  
St Leonards NSW 2065

**Confirmation & Receipt:** We will email out together with program details, venue and parking information

**Queries:** Please email [nslhd-parented@health.nsw.gov.au](mailto:nslhd-parented@health.nsw.gov.au) or phone (02) 9462 9588

Note: Aqua, Yoga, Pilates classes

A medical clearance form will be emailed to you following enrolment. Forms also available on our website: [www.nshealthpromotion.com.au](http://www.nshealthpromotion.com.au)

If you are unable to download the form please email to arrange a form to be emailed to you. [nslhd-parented@health.nsw.gov.au](mailto:nslhd-parented@health.nsw.gov.au)

Please complete & have signed by your Health Professional and take along to your 1<sup>st</sup> session.





## How to Enrol

Please read the booking conditions carefully before proceeding.

If booking online please see our website for details: [www.nshealthpromotion.com.au](http://www.nshealthpromotion.com.au)

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If you are unable to download the form please email to arrange a form to be emailed to you. [nslhd-parented@health.nsw.gov.au](mailto:nslhd-parented@health.nsw.gov.au)

Please complete & have signed by your Health Professional and take along to your 1<sup>st</sup> session.

## Baby CPR & First Aid

**SUNDAY 9AM – 12PM & 1PM – 4PM**  
*(2 sessions only once a month)*

**COST:**  
One 😊 – \$99 Two 😊 – \$198

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 specialise in children's health 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.

## Infant Massage

**MONDAY/TUESDAY 10AM – 11.30AM**  
**ALTERNATE MONTHS**  
*(Suggest infant be between 4 weeks and 6 months old or prior to crawling)*

**COST:**  
Per Baby One 😊 – \$130

Learn how to massage your baby. This 4 week course is led by an IAIM qualified Infant Massage instructor. This course includes: an individual bottle of massage oil, stroke review sheet and changing table massage card. Please bring a towel for your baby. If attending with twins, please note one adult required per baby, at no additional cost.

## Maternity Tour

**SUNDAY 2.45pm – 4.30pm or**  
**4.45pm-6.30pm**  
*Early Bookings Essential*

**COST:**  
One 😊 – \$10 Two 😊 – \$20

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). EARLY BOOKING ESSENTIAL - via our online website.

## Classes offered in Languages other than English

We also offer a referral service for classes with non-English speaking participants

### Birthing Workshop

Cantonese or Mandarin Speaking Participants

**SATURDAY 8.45am - 5pm**

*Bookings recommended from 12 weeks*

**COST:**

One 😊 - \$135 Two 😊 - \$270

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 😊 - \$130 Two 😊 - \$260

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.

### Breastfeeding Classes CANTONESE Speaking Participants

**MONDAY 10am - 12.00pm**  
*Every 2<sup>nd</sup> Month*

**No Charge**

These breastfeeding classes are free of charge and held every 2nd month, no bookings are required. Please telephone for further information, 8877 5308 for Cantonese/Mandarin, Wednesdays only, from 9am to 2.30pm. See online for dates [www.nshealthpromotion.com.au](http://www.nshealthpromotion.com.au)

### Breastfeeding Classes MANDARIN Speaking Participants

**MONDAY 10am - 12.00pm**  
*Every 2<sup>nd</sup> Month*

**No Charge**

These breastfeeding classes are free of charge and held every 2nd month, no bookings are required. Please telephone for further information, 8877 5308 for Cantonese/Mandarin, Wednesdays only, from 9am to 2.30pm. See online for dates [www.nshealthpromotion.com.au](http://www.nshealthpromotion.com.au)

### Breastfeeding Classes KOREAN Speaking Participants

**WEDNESDAY 10am - 12.00pm**  
*Every 2<sup>nd</sup> Month*

**No Charge**

These breastfeeding classes are free of charge and held every 2nd month, no bookings are required. Please telephone for further information, Korean 0430 966 703. See online for dates [www.nshealthpromotion.com.au](http://www.nshealthpromotion.com.au)

## AQUA & YOGA CLASSES – PRENATAL AND POSTNATAL

AQUA -Please arrive 30 minutes early for first class and bring along your medical clearance form.  
YOGA & PILATES - -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.

### Aqua Class Prenatal and Postnatal

Wednesday: 7pm – 8pm  
Venue: Hydrotherapy Pool

Graythwaite Rehabilitation Centre Ryde Hospital

COST:

One 😊 – \$120 for 5 sessions

Aqua 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 aqua 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 aqua, yoga or pilates 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 email [nslhhd-parented@health.nsw.gov.au](mailto:nslhhd-parented@health.nsw.gov.au) or ring on 9462 9588 to arrange a form to be emailed to you.



## Yoga Class Prenatal and Postnatal

**Tuesday: 6pm - 7pm**

Venue: Guringai Conference Room, Ground Floor  
RNS Community Health Centre

**COST:**

One 😊 – \$120 for 5 sessions

Yoga 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 yoga 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.***

## Postnatal Physiotherapy Exercise Postnatal ONLY

**Friday: 9.45am & 11am**

Venue: Guringai Conference Room, Ground Floor  
RNS Community Health Centre

**Monday: 9.45am & 11am**

Venue: Frenchs Forest Child & Family  
Health Centre

**COST:**

One 😊 – \$120 for 5 sessions

*Babies welcome*

These postnatal classes feature targeted exercise (pilates - informed) and are suitable for all women after pregnancy and 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.***

## NOTES



## Class Venue

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

### Royal North Shore Hospital

#### RNS Community Health Centre



#### **PLEASE NOTE:**

Please email us at [nslhd-parented@health.nsw.gov.au](mailto:nslhd-parented@health.nsw.gov.au)

Childbirth & Early Parenting telephones are manned business days only. Please leave a message and we will return your call within several business days.

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