



Preparing yourself for the birthing experience you want and deserve.

The more you learn about pregnancy, childbirth and those first few weeks of parenthood, the more likely it is that you can get your mind and body prepared, relaxed and working in harmony to make it this journey everything you want it to be.

That's why Know Your Midwife offers a comprehensive range of workshops, and why access to them is free for Know Your Midwife clients joining our Continuity of Care Programme prior to their twentieth week of pregnancy.

WORKSHOP FEES

All workshops are free for Know Your Midwife clients joining the Continuity of Care Programme prior to week 20 of their pregnancy.

Clients joining the Continuity of Care Programme after week 20 of their pregnancy enjoy 50% off the regular price of individual workshops.

Expectant mothers who are not in the Know Your Midwife Continuity of Care Programme are welcome to join these workshops, with their partners, on payment of the regular price for each (contact us for the regular price list).

The Mums and Bubs clinic is free to all clients.

Places are limited. Priority goes to Know Your Midwife Continuity of Care programme clients.

FIT FOR PREGNANCY, FIT FOR LIFE WORKSHOP

Typically commence in week 12-16 of pregnancy. 3 hour workshop – with up to 6 expectant mothers and, if desired, your partners – facilitated by a childbirth educator with guest speakers like nutritionists and physiotherapists.

Understand the nature and importance of mind and body preparation, health, exercise, relaxation and nutrition during pregnancy. Learn to communicate with and know your unborn child. Great for parents-to-be looking for information to make the choices that enhance their enjoyment of the journey from pregnancy to birth.

- Understand and explore the power of the mind in preparing for childbirth.
- Learn breathing, relaxation and visualisation techniques to practice throughout your pregnancy.
- Knowing the Unborn and the ways in which you can enhance their brain development, emotional and physical wellbeing during the pregnancy and prepare them for birth.
- Exercise in pregnancy (try out a free class in pilates, water aerobics or yoga which would be excellent to continue throughout your journey in pregnancy).
- Our physiotherapist will discuss back care, exercise and pelvic floor care in pregnancy. Our nutritionist will focus on food and diet in pregnancy.

LABOUR, BIRTH & PARENTING PREPARATION WORKSHOP

Typically commence from week 28 of pregnancy. These 2 hour workshops - with up to 6 expectant mothers and, if desired, your partners - are facilitated by a childbirth educator and run weekly for 4 consecutive weeks.

Helps you prepare and plan for the labour and birth you want for yourselves and your baby. Helps you care for yourself and your baby in the first weeks of parenthood. Great for parents preparing to have their first baby, or second time parents looking for a refresher.

- Preparing for labour using proven effective techniques of breathing, visualisation and relaxation to release tension allowing your body and baby set the pace.
- Learn about the physiology of birth and develop a trust and belief that the body works with you and for you.
- Learn what happens and what to do if nature needs some assistance.
- Birthing your baby.
- Post-birth activities and breastfeeding.
- Learn about the first few weeks with your new baby.

ACTIVE BIRTHING WORKSHOP

Typically commence around week 36 of pregnancy. One 3 hour workshop - with up to 6 expectant mothers and, if desired, your partners - facilitated by an active childbirth educator.

Learn to actively practice techniques and learn tips to move through labour and birth. Great for mothers and partners wishing to prepare by going through a simulated experience of birthing.

- To learn to work together as a partnership through the stages of labour using breathing, relaxation skills, and birthing positions using the floor, chair, beanbag, bath and fit ball.
- Learn the movements to optimise baby's position in the uterus birthing canal.
- The support person or birthing companion learns their role as advocate and coach.
- Waterbirths will also be discussed.
- A free session with our Chiropractor or Bowen therapist is recommended in preparation for labour.



BREASTFEEDING WORKSHOP

Anytime during pregnancy. One 3 hour workshop with up to 6 expectant mothers and, if desired, your partners, facilitated by a lactation consultant.

To help mothers-to-be learn about and prepare for their first experience with breastfeeding. Great for mothers and/or partners who wish for more information about breastfeeding or perhaps for those who may have experienced difficulties in the past.

- You will learn how breastfeeding works, dispel any myths, understand why breastmilk is “liquid gold”.
- Learn how to take care of breasts and nipples.
- Learn about getting started once the baby is born
- Understanding where, when and how to get help
- Understanding beneficial foods to eat.

VAGINAL BIRTHING AFTER A CAESAREAN WORKSHOP

Typically commence in week 28 of pregnancy. One 3 hour workshop - with up to 6 expectant mothers and, if desired, your partners - facilitated by a childbirth educator.

Helps women prepare for birth learning the effective techniques for labour and a vaginal birth after a previous caesarean. Great for mothers and partners seeking confidence and information in having a normal birth.

- Revision of the physiology of normal labour; recommended breathing, relaxation and birthing techniques to assist you work with your body to have the calm and natural birth you desire.
- Your partner learns their role as advocate and coach.
- Hospital policies concerning monitoring and VBAC are discussed.
- Myths around the safety/ danger of VBAC are explored and emotional support and advice is available.

POSITIVE CAESAREAN WORKSHOP

Typically commence in week 37 of pregnancy. One 2 hour workshop - with up to 6 expectant mothers and, if desired, your partners - facilitated by a childbirth educator.

Learn how to turn your surgical birth into a positive birthing experience for you, your birthing companion and your baby. Great for mothers and partners seeking a calmer and more ‘gentle’ caesarean birthing experience.

- Learn how you can still plan a calm and gentle birth within the theatre environment bonding quickly with skin to skin contact with your baby following surgery.
- Plan the immediate care of your baby and the opportunity to breastfeed as soon as possible before leaving recovery.
- Pain relief is discussed, the ongoing recovery from a caesarean, positioning in bed, exercising, wound care and recovery at home.

MUMS AND BUBS: CHILD HEALTH CLINIC

Commencing July 2010. A programme commencing 6 weeks postnatal, running fortnightly to week 12 and then monthly until month 12, run by a midwife who is also a Child Health Nurse.

In the Mums and Bubs Child Health Clinic, mums and bubs get together and share information, have their baby’s growth and milestones assessed, and continue to have support and education during that all important (and challenging) first year of parenthood.

- Mums and bubs come and go according to the time that suits them and their babies unless a planned education session is advertised.
- The sessions are anticipated to run 10am - 12pm on Tuesdays; contact us for information on venues and confirmation of timing.
- The Mums and Bubs clinic is free to all clients.

