



Antenatal Education Program 2020





The antenatal education program has been designed to help prepare you for pregnancy, labour and birth, and for the transition to parenthood including breastfeeding and the care of your baby.

Each program consists of five classes which commence at 7:00pm and run for approximately 2 hours.

These classes are held on Tuesday evenings in Education Building at the rear of the hospital. Parents are asked to park at the rear of the hospital, next to the Education Building as the main hospital doors are locked when the classes finish.

Classes fill up quickly so please secure your place when you have your initial booking in appointment with the midwife. You will be able to purchase a pre-reading book for \$10 from your midwife at this time. There is no cost to attend the classes.

Please call the Maternity Services Unit on 03 5667 5556, to book in for the classes you have chosen 2-3 weeks prior to commencement.



Class 1 Labour and Birth

Class 2 Pelvic Awareness & Relaxation. A Physiotherapist will facilitate this class. Please wear loose, comfortable clothing and bring a pillow each.

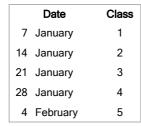
Class 3 This night discusses issues related to pregnancy and birth.

Class 4 Breastfeeding.

Class 5 Parenting includes the role of the Maternal and Child Health Nurse.



Class Dates



	Date	Class
1	February	1
18	February	2
25	February	3
3	March	4
10	March	5

	Date	Class
17	March	1
24	March	2
31	March	3
7	April	4
14	April	5

	Date	Class
21	April	1
28	April	2
5	May	3
12	May	4
19	May	5

	Date	Class
26	May	1
2	June	2
9	June	3
16	June	4
23	June	5

	Date	Class
30	June	1
7	July	2
14	July	3
21	July	4
28	July	5

Date	Class
August	1
August	2
August	3
August	4
September	5
	August August August August

	Date	Class
8	September	1
18	September	2
22	September	3
29	September	4
6	October	5

	Date	Class
13	October	1
20	October	2
27	October	3
4*	November	4
10	November	5

	Date	Class
17	November	1
24	November	2
1	December	3
8	December	4
15	December	5

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