

Childbirth Education Program

at the Royal Women's Hospital –
Parkville 2022

The Women's offers our Parkville birthing clients, Childbirth and Early Parenting education. Using video live-streaming for Women's clients experiencing their first labour.

You will have an experienced midwife educator, offering advice and promoting discussion in the comfort of your own home. You will need to download the ZOOM app (free) in order to attend.

We offer a number of different educational options: all of which can be found on the Eventbrite website

- Three consecutive weeknights x 3-hour sessions: 6-9pm
- Two consecutive weekends (Saturday or Sunday) x 4-hour sessions: 9.30am – 1.30pm
- One Question and Answer session x 3-hours for parents with a multiple pregnancy: 5-8pm
- One Question and Answer session x 90-minutes with either a Vietnamese or Mandarin interpreter: daytime

Topics that may be include:

- signs of labour
- when to come to hospital
- progress of labour and birth
- support in labour
- practical coping methods during labour
- medical options for pain management
- assistance with birth
- understanding breastfeeding
- safe sleeping and settling
- communicating with your baby
- preparing for early parenting
- community supports for the family





How to book:

We recommend you book the program of your choice as early as possible to avoid disappointment. The program you book should begin around your 28-32 week of pregnancy.

Bookings can be made through Eventbrite at:

<https://www.eventbrite.com.au/o/the-royal-womens-hospital-14895986073>

* You must book into the program at the Parkville campus.

Cost: *One ticket is for both you and your partner/support person.*

Two- or three-week series:	General: \$175.00	Health Concession Card: \$ free
Multiple birth Q+A:	General: \$50.00	Health Concession Card: \$ free
Interpreter Q+A:	General: \$ free	Health Concession Card: \$ free

Please choose your dates carefully, as programs sell out quickly. It is not possible to change your booking.

Please note: If you are unable to get into a class, you can add your name to the Wait List for any class in Eventbrite and check Eventbrite regularly for any new classes.

You may also like to watch our childbirth education videos and hospital tours, or read our handbook "Birth and babies for first time parents", which are available on our website at:

<https://www.thewomens.org.au/patients-visitors/cbe/>

For more information:

We look forward to having you join us

The Childbirth Education Team

Email: Childbirth.ed@thewomens.org.au or leave a message at (03) 8345 2143.

Please note that this office operates on a part-time basis

