

Childbirth Education Program

The Women's at Sandringham 2022

The Royal Women's Hospital offers our clients Childbirth and Early Parenting education, using video live-streaming for Women's clients experiencing their first labour.

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

Sandringham offers two different educational programs:

- 1 A three-week childbirth education program, commencing on a Monday or Wednesday
- 2 A six-week Hypnobirthing program, that requires a specific booking in code. Please ask your midwife for the Hypnobirthing Information flyer or contact Sandringham.HypnoBirthing@thewomens.org.au for more information.

This flyer covers information on the Childbirth Education three-week program.

We offer a childbirth education program on Mondays or Wednesdays, that consists of three consecutive nights x 3-hour sessions: 6-9pm

Topics that may be include:

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





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/childbirth-education-at-the-royal-womens-hospital-sandringham-7842227998>

* You must book into one of the programs conducted by the Women's at Sandringham.

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

General:	\$175.00
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, we recommend you continue to check the Eventbrite site as classes are regularly added each month.

If you cannot book a program, please view the childbirth educational videos and booklet on our website at: [Childbirth education | The Royal Women's Hospital \(thewomens.org.au\)](http://thewomens.org.au/childbirth-education)

For more information:

Email: Sandringham.Childbirtheeducation@thewomens.org.au or leave a message at **(03) 8345 2143**. Please note that this office operates on a part-time basis

We look forward to having you join us
The Childbirth Education Team

