

CHILDBIRTH EDUCATION PROGRAM

at the Women's at Sandringham Hospital 2021



the women's
the royal women's hospital
victoria australia

The Royal Women's Hospital is now offering 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 Webex app](#) (free) in order to attend.

Sandringham offers two different educational programs:

1. A three week program, commencing on a Monday or Wednesday, covering the topics below
2. A six week Hypnobirthing program, running on one day a week – that requires a specific booking in code. Please contact Sandringham.HypnoBirthing@thewomens.org.au for more information.

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

Topics covered include:

- signs of labour, including 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
- community supports for the family

How to book:

Bookings can be made through Eventbrite at

<https://www.eventbrite.com.au/d/australia--melbourne/the-royal-womens-birthing-classes/>

This link provides options for our Parkville and Sandringham clients.

- * You must book into the program at the campus where you are having your baby.

Cost: General \$160.00 Concession \$ free

One ticket is for both you and your partner or support person.

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.

You may also like to watch our childbirth education and hospital tours, which are [available on our website](#).

For more information Email: Sandringham.Childbirtheeducation@thewomens.org.au

This office, operates on a part-time basis

We look forward to having you join us,

The Childbirth Education Team