

# Childbirth Education Programs

The Royal Women's Hospital – 2024

The Women's Childbirth and Early Parenting education programs are available online or in person.

We offer a number of different educational options, all of which can be found on the Eventbrite management and ticketing website. Once on the website, each program will indicate if it is being offered either online or in-person.

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

## Topics that may be included:

- Signs of labour
- When to come to hospital
- Progress of labour and birth
- Support in labour
- Assistance with birth
- Practical coping methods during labour
- Understanding breastfeeding
- Safe sleeping and settling
- Communicating with your baby
- Preparing for early parenting
- Community supports for the family
- Medical options for pain management.



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## How to book:

We recommend you look and 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.

Scan to book



Bookings can be made through Eventbrite at:  
<https://www.eventbrite.com.au/o/the-royal-womens-hospital-14895986073>

## Cost:

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

|                                   |                          |  |
|-----------------------------------|--------------------------|--|
| <b>Two- or three-week series:</b> | <b>General: \$175.00</b> | <b>Health Concession Card: \$ free</b> |
| Multiple birth:                   | General: \$100.00        | Health Concession Card: \$ free        |
| <b>Language sessions:</b>         | <b>General: \$ 50.00</b> | <b>Health Concession Card: \$ free</b> |

- Please choose your dates carefully, as programs sell out quickly
- It is not possible to change your booking
- Refunds can be requested directly in Eventbrite, up to one week before the event starts.

**Please note:** If you are unable to get into a class, you can add your name to the Wait List (5 max) for any class in [Eventbrite](#) and check the site 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:

Email: [Childbirth.ed@thewomens.org.au](mailto:Childbirth.ed@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**



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