

For more information and
to make a booking please
contact Maternity Services
(02) 6677 3113
8am – 4.30pm



Register for our
free Focus On New
Fathers program
sms4dads.com

**Tweed Valley Hospital
Maternity services**

Are you ready **for your new baby?**

One day preparation program

**Northern NSW
Local Health District**



**Northern NSW
Local Health District**



Welcome

Our group program is run by a midwife and can help you prepare. It's designed for pregnant women and their partner or support person. Learn in a relaxed supportive group environment. You will have time to ask questions, discuss concerns and make new friends with other parents. Be empowered with information. Practise self-help strategies and comfort positions for labour and birth.

The program will cover

- the extraordinary birthing body

- stages of labour and what to expect
- when to come to hospital
- the purpose and power of pain in labour
- the birthing environment
- birth preferences -when they may or may not go to plan
- understanding interventions, planned and unplanned
- pain relief options
- role of the support person
- ways to support the birthing woman
- how the birthing woman can help herself
- the first few days with your baby and early postnatal recovery

Details and booking information

Day

Second and fourth Friday of the month

Time

9am-3:30pm (NSW time)

Cost

\$60

Venue:

Maternity services Tweed Valley Hospital.
Maternity Unit, B block, level 1

What to bring

- lunch and refreshments, cafe on-site if required (45 min break for lunch)
- wear comfortable clothes such as tights or loose pants
- mat or pillow (some birth balls are available)
- notepad and pen

Please book as early as possible and plan to attend from 30 weeks

