

Antenatal Classes and Yoga

The Royal Hospital for Women (RHW) Health Education Centre offers a range of programs to support women and their partners as they prepare for childbirth and parenting, as well as educational programs for girls.

To make a booking for these classes go to The Royal Hospital for Women (located in Randwick) website, go to the home page, scroll down to upcoming events, click on antenatal classes and choose the class you want. Click on the hyperlink to book yourself and pay.

Not Pregnant, Just Looking

Are you and your partner planning a pregnancy and have many questions? Would you like to learn more about health and lifestyle issues and their impact on pregnancy and also food and nutrition? Do you want to know what options there are for having a baby at the 'Royal'? Our Not Pregnant, Just Looking program is just for you. This session facilitated by Dr Debra Kennedy, Natasha Leader and Michele Simpson includes a tour of the hospital.

Book and pay online: <https://www.trybooking.com/195085> Cost: \$25 per couple.

Having a Baby

The Having a Baby program is our comprehensive labour, birth and parenting program that includes information on:

- The final weeks of pregnancy;
- Anatomy and physiology of labour and the birth process;
- Strategies you can use to enhance labour both at home and in hospital;
- Role of your partner and that of the Health Professionals;
- Pain relief both its effects and side effects;
- Intervention that may be necessary in labour;
- Hospital services and facilities;
- The early weeks as a parent;
- Newborn behaviour and characteristics;
- Breastfeeding;
- Practical baby care and sleep and settling techniques;
- Adjusting to new roles, relationships and responsibilities after the birth.

This program is offered in the evening over 6 or 7 weeks, and also on 2 Saturdays or 2 Sundays and a tour of the hospital is included. For those attending one of our evening programs there is also a postnatal reunion. Having a Baby programs are an excellent way to meet other couples.

Places are limited so book early. Book and pay online: <http://www.trybooking.com/181634>

We recommend that you **start the program after 28 weeks** of pregnancy. Cost: \$325 per couple.

Having a Baby More than One

This special Having a Baby program is designed for couples who are having twins or triplets. The topics are similar to those listed above, with an emphasis placed on the needs required with a multiple birth. Having a Baby More Than One includes a tour of the RHW Newborn Care Centre. This program is also of interest to those who already have children. It is offered on a Thursday night over 7 weeks.

Places are limited book early. Book and pay online: <https://www.trybooking.com/195080>

We recommend that you **start the program after 28 weeks** of pregnancy. Cost: \$325 per couple.

Calmbirth

With Knowledge Comes Confidence.

Calmbirth is a childbirth education program that runs over two-days. It prepares couples mentally, emotionally and physically for the birth of their baby. Calmbirth understands the interrelationship between the mind and body – *how our bodies react to how we think* - Calmbirth uses this mind-body connection to take away the fear, stress and anxiety about giving birth by **empowering** pregnant couples with the **knowledge** and **skills** to birth their baby **calmly, fearlessly and confidently**. Couples can use their knowledge and skills learnt in Calmbirth to meet any birthing challenge they encounter calmly.

Suitable for first time or subsequent births, Calmbirth is the **'leading'** childbirth education program that revolutionised childbirth education in Australia. Successfully operating since 2004, Calmbirth has stood the test of time. Calmbirth has definitely earned its credibility and reputation in the child birthing industry and is highly recommended by obstetricians and midwives throughout Australia. Calmbirth also continues to successfully evolve as the research progresses. This program is also the first of its kind to be clinically and scientifically proven.

Book and pay online to secure your place: <https://www.trybooking.com/195086>

We recommend that you **attend the program at approximately 26-30 weeks** of pregnancy.

Cost: \$515 per couple.

Parenting for Life

This full day program is designed ideally to be attended as early in pregnancy as possible, as it gives couples an understanding into what is happening to themselves at both an emotional and psychological level as they prepare to become parents.

Participants will learn about how their baby's brain is developing in utero and how it is impacted upon by the parents, as well as how and why conscious parenting is considered to be the best way possible to nurture the spirit of the baby so that it can build strong and healthy attachments and emotional intelligence. Couples will also learn how to support one another during pregnancy and how to keep their relationship health after the birth of their baby.

The program also covers how babies communicate, tired signs, sleep cycles, sleep and settling in gentle ways, breastfeeding, play in relation to brain development, postnatal depression and much more.

This program is truly the best gift you can give to both yourselves and your baby as it enables you to be able to travel through pregnancy with the most up-to-date scientific based evidence that you really need to know and understand.

Book and pay online: <https://www.trybooking.com/195174>

Cost: \$200 per couple.

Birth Intensive

As an alternative to our Having a Baby programs we provide Birth and Baby Intensive. Birth Intensive is a four-hour session designed for couples who prefer a lecture-style intensive information program. It covers labour and the birth process, active labour strategies, pain relief options, role of the support person, decisions to be made regarding your care. Birth Intensive DOES NOT include a tour of the hospital – a tour can be booked separately.

Book and pay online: <https://www.trybooking.com/195088>

Cost: \$130 per couple

Baby Intensive

Baby Intensive is designed for the couples who attend Birth Intensive, however it can be attended separately. It covers care of a newborn, breastfeeding, crying, settling techniques, infant development, safety in the home and community resources. It is ideal for couples who are having an elective caesarean section, and those who want a greater understanding of the newborn.

Book and pay online: <https://www.trybooking.com/195089> Cost: \$130 per couple

Breastfeeding Information Session

Our Breastfeeding Information Session is held each Thursday morning 10.30 am-12 md in the Physiotherapy Department or on the first Tuesday of each month 7-8.30 pm in the Lecture Theatre. This session covers preparation for breastfeeding, and how the mother and baby will respond to breastfeeding in the immediate postnatal period. Booking prior to the day is essential. Check-in on the day is 15mins prior to the session commencing. It is recommended that this class be attended at around 32 weeks of pregnancy.

Book online: <https://www.trybooking.com/181643>

Cost: Free for women attending RHW For non-RHW women \$35.

Secret Mothers' Business

Secret Mothers' Business is held weekly on a Thursday at 9.15am in the Physiotherapy Department. This antenatal class, facilitated by a Physiotherapist, covers return to exercise, back care, pelvic floor, bladder and bowel function, and abdominal muscle recovery after birth. The 10.15am finish makes this session ideal for those who want to then attend the Breastfeeding Information Session at 10.30am. Bookings are essential and must be made prior to the day. On the day check-in is at 9am. This class can be attended any time from 32 weeks of pregnancy.

Book online: <https://www.trybooking.com/181641>

Cost: Free for women attending RHW For non-RHW women \$35.

Pain Relief Options in Labour

Pain Relief Options in Labour is held on the second Tuesday of each month in the RHW Lecture Theatre and it commences at 7pm. This evening is for those who want additional information, or those who miss the labour strategies segment in our other programs.

Book online: <https://www.trybooking.com/195097> Cost: Free

Hospital Tours

We run regular tours of the Hospital Delivery Suite, Birth Centre and Postnatal ward for couples interested in the facilities and the services provided.

Book and pay online: <https://www.trybooking.com/181639> Cost: \$10 per couple

Motherhood, Myths and Challenges

Becoming a mother is a time of great change, Motherhood Myths and Challenges is a women only program to look at the myths surrounding motherhood and provide the opportunity to learn new skills to meet the challenges ahead. This program provides introduction to mindfulness, relaxation techniques, self-care and positive thought patterns in a relaxed and friendly environment. The aim of this program is for participants to feel prepared for the journey ahead. This program has 4 evening sessions held weekly.

Book and pay online: <https://www.trybooking.com/195098> Cost: \$70

BAM - Becoming Amazing Mums

BAM – Becoming Amazing Mums is a specialised program for women who have experienced adverse events in childhood - including emotional, physical or sexual abuse. BAM does not dwell on the past – the focus is on creating a positive future by supporting participants to rise above past adversity and become the mums they choose to be and effectively managing any negative influences from past events. The program provides an opportunity to develop communication skills; enhance bonding and attachment with baby; learn mindfulness and relaxation; and discuss ways to foster self-care. There are 7 evening sessions during pregnancy and a further 5 daytime sessions when participants come along with baby. The facilitator likes to meet each participant individually before the program to provide an opportunity to talk about the program and answer questions. **Book online:** <https://www.trybooking.com/195197> Cost: Free

Prenatal Yoga

Prenatal Yoga will support your health and well-being on many different levels throughout your pregnancy and is an excellent way to nourish yourself and your growing baby. Yoga is an ideal preparatory exercise whilst pregnant, combining the building of strength with the opportunity to relax and let go. During classes you will have the opportunity to practise useful skills for birthing such as active birthing movements, breathing techniques, vocal toning, partner support, visualisation, massage and relaxation.

Prenatal Yoga can be attended from 14 weeks of pregnancy **after** a medical check-up & with approval from health care providers.

Prenatal Yoga is held:

- Monday 6.00 - 7.00pm (except public holidays) in Seminar Rooms 1&2 for women only
- Wednesday 6.00 - 7.00pm (except public holidays) for women in the Fitness Centre.

Book and pay online: <https://www.trybooking.com/250561> Cost: \$20 per session.

Check-in arrive 15 minutes prior to the session.

Prenatal Yoga for Couples

Couples' Prenatal Yoga Classes - dads, partners and support people are welcome to attend this class and you are also welcome to just come without any other people joining you - the class is always a mix so you will feel very comfortable either way. Price is per person.

This can be attended from 14 weeks of pregnancy **after** a medical check-up & with approval from health care providers.

- Wednesday 7.15 – 8.15pm in the Fitness Centre.

Book and pay online: <https://www.trybooking.com/250558> Cost: \$20 per person.

WHEN YOU HAVE HAD YOUR BABY OUR POSTNATAL PROGRAMS

Mums and Bubs Yoga

Mums & Bubs Yoga will support your health and well-being on many different levels as a new mum. It provides a great opportunity to connect with yourself and your new baby. It also provides a great opportunity to meet and connect with other new mums, whilst improving your fitness and gently rebuilding your strength. There is no expectation for your baby to behave in a certain way and you will be welcome to join the class after it has started if you're running late. You are welcome to stop to breast feed or change a nappy when required. All you need to do is wear comfortable clothes, and bring yourself and your baby - everything else is provided.

Can be attended after 6 week postnatal check-up with vaginal birth & after getting doctor's/ midwife's consent. After caesarean section or complications women must wait 3 months before attending and must get doctor's consent.

- Mums and Bubs Yoga is held Monday 1.30pm–2.30 pm, except Public holidays, in Seminar Rooms 1&2. **Check-in arrive 15 minutes prior to the session.**

Book and pay online: <https://www.trybooking.com/195115> Cost: \$20 per session.

Mumsense

After you have had your baby, dropping in to a Mumsense session here at RHW is an ideal way to meet other new mums and partners, and share ideas and experiences. Babies from the age of 0-4 months can be part of this special time. Mumsense is held every Thursday 10.30am-12.30pm - Seminar Rooms 1&2. **No booking required** Cost: Free

OUR OTHER EDUCATIONAL PROGRAMS FOR GIRLS AND WOMEN

Changing Bodies, Changing Minds for girls aged 10-12 years

Would you like your daughter to have information to help guide her through puberty? The Royal Hospital for Women offers a special one day workshop for 10-12 year old girls. The day includes: changes during puberty - what to expect, the A - Z of periods, healthy diet - starting good habits early, values and belief systems, problem solving and building self-confidence. CBCM is held in the school holidays and is held from 10am – 4pm.

Book and pay online: <https://www.trybooking.com/195193>

Cost: \$100 which includes morning and afternoon tea and lunch.

Multicultural Women's Group

This is a special informal group for women born in other countries who would like to come and learn about health issues and also meet other women who live locally. This group is held on the third Monday of every 4th month in Seminar Rooms 1 and 2 from 10.30am – 12.30pm.

Please ring 9382 6700 for details Cost: Free