

# Antenatal & Postnatal 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.

## Prenatal Yoga, Active Birth & Mindfulness

This 60-minute class is designed to support your health and well-being on many different levels throughout your pregnancy – physically, mentally, emotionally and energetically/spiritually. It is an excellent way to prepare your body and mind for birth whilst nourishing yourself and your growing baby. Yoga is an ideal preparatory practice whilst pregnant because it combines the building of strength and knowledge with the opportunity to relax and let go. The focus is on teaching you the most useful techniques to use during your labour and birth experience. Classes include a range of energising, grounding and calming yoga poses/techniques, active-birthing movements/techniques, breathing techniques for pregnancy and labour/birth, mindfulness exercises and acupuncture. All classes end with a deep guided mindfulness meditation/progressive relaxation. Your yoga teacher is highly experienced (20+ years of teaching experience). She has been facilitating Prenatal Yoga at RHW for the past 14 years. All levels welcome including absolute beginners. Suggested start is at 14 weeks onwards through to birth, with best results achieved by attending 2 weekly classes on a regular and consistent basis.

Please feel free to join anytime from 14 weeks onward **after** a medical check-up with approval from your health care provider. This class is currently run as an ONLINE class that you can take from the comfort of your own home. You will need a towel or a yoga mat, some cushions and please wear comfortable stretchy clothes.

- Monday 6.00 - 7.00pm (except public holidays)
- Wednesday 6.00 - 7.00pm (except public holidays)

**Book and pay online:** <https://www.trybooking.com/250561>

Cost: \$25 per session.

Check-in 5 minutes prior to the session.

## Yoga & Birth Preparation for Couples

This 60-minute class is as above; however, it is taught in a progressive workshop style with partner support. Skills and techniques taught during the class will be revised and expanded upon each week. Dads, partners/support people are invited to attend with you so that you can learn how to a) prepare for birth, and b) work together as a team during labour. Dads/partners will have the opportunity to learn practical skills and practice/understand how they can support you during the birth of your baby. You will both be on the mat doing yoga and the active-birth techniques together.

Please feel free to join anytime from 14 weeks onward **after** a medical check-up with approval from your health care provider. This class is currently run as an ONLINE class that you can take from the comfort of your own home. You will need a towel or a yoga mat, each some cushions and please wear comfortable stretchy clothes.

- Wednesday 7.15 – 8.15pm

**Book and pay online:** <https://www.trybooking.com/250558>

Cost: \$25 per person.

## 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 as 2 Saturdays or 2 Sundays. 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: \$345 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. This program is also of interest to those who already have children. It is offered on a Thursday night over 6 or 7 weeks. We recommend that you **start the program after 28 weeks** of pregnancy. Cost: \$345/couple.

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

## 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 24-30 weeks** of pregnancy. Cost: \$550 per couple.

## Calmbirth® Refresher Program

Our one-day Calmbirth Refresher Program is intended for expectant couples who have previously attended the full Calmbirth program and want to refresh their knowledge, refresh their skills and refresh their confidence. Every birth is different, even for the same mother and preparing for your next is just as important as preparing for your first.

The Calmbirth Refresher Program is designed to give Calmbirth couples the opportunity to debrief their previous birth/s and once again review and fine tune the knowledge and skills underpinning the Calmbirth program. The Calmbirth Refresher is tailored to meet the needs of the couples attending on the day. The **ideal time** to attend a Calmbirth Refresher program is between **24 and 34 weeks** of pregnancy

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

Cost: \$330.00 per couple.

## Parenting for Life

This course goes much deeper than just equipping you with what to expect when you take your newborn baby home. Parenting for Life looks at how we can connect and bond with our babies, so that they can build strong healthy attachments with us; as well as being able to develop emotional intelligence. In addition, the course will highlight ways that we can continue to grow as an individual; as well as cultivating and nurturing our new life together as a couple and as parents.

You will also learn a lot about your baby that will help you in your adaptation to parenting such as:

- How babies communicate, why babies cry and how to calm them, how to read tired signs;
- Settling and sleeping, safe sleep guidelines and sleep cycles;
- Importance of tummy time and playing with your baby;
- All about breastfeeding, self-care, postnatal feelings, postnatal depression and resources available for new parents

Book into and attend our Parenting for Life Program as it is the best gift you can give to yourself and your baby.

**Book and pay online:** <https://www.trybooking.com/195174> Cost: \$210 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.

**Book and pay online:** <https://www.trybooking.com/195088> Cost: \$140 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: \$140 per couple

## Breastfeeding Information Session Partners welcome to attend

Our Breastfeeding Information Session is held on a Thursday morning 10.30 am-12 md or on the first Tuesday of each month 7-8.30 pm. 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 28 weeks of pregnancy.

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

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

## Begin to Embody

*Begin to embody* is the first of our virtual health series covering everything you need to know to enhance your health during your pregnancy. It is held every Monday at 12md for women 6-10weeks in pregnancy.

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

## Embody Your Changing Body

*Embody your changing body* is a virtual health series covering pelvic floor, bladder & bowel, exercise guidelines. It is held every Tuesday at 12md for women 16-18 weeks in pregnancy.

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

## Keep Embodying

*Keep Embodying* is the 3<sup>rd</sup> class in a virtual health series covering continuation of pelvic floor exercise, common musculoskeletal pain and management; bowel maintenance and thinking about birth prep. Held every Wednesday at 12md this class is for women 26-28 weeks in pregnancy.

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

## Embody Your Birth Prep

*Embody your birth prep* is the next class in our virtual health series covering pelvic floor role in birth, exercise considerations, birth prep, bowel management and postnatal management. Held every Thursday at 12md this class is for women 34-36 weeks in pregnancy.

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

## Strategies for Labour

Formally called Pain Relief Options in Labour, Strategies for Labour is held on the second Monday of each month and commences at 6pm. 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

## 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.

**Places are limited so book early. Book and pay online:** <https://www.trybooking.com/195098>

We recommend that you start the program after 28 weeks of pregnancy.

Cost: \$80. Concession available if referred by a Midwife, Psychologist or Social Worker.

## 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

### **Baby & Child CPR and First Aid Class**

CPR Kids, in conjunction with The Royal, brings you the perfect course to empower you on CPR and the most common First Aid situations affecting babies and children. CPR Kids provide a 3-hour course, which aims to empower you and your family with the life-saving skills of CPR and First Aid, covering children aged 0 – 8 years. In addition, you will learn how to respond to the most common first aid situations affecting young children, such as: choking, burns, head injury and more. With ample hands-on practice with baby & child manikins, this class will leave you feeling confident to manage an emergency situation with your child.

For more information visit the [CPR Kids website](#) or contact CPR Kids on 1300 543 727 or via [hello@cprkids.com.au](mailto:hello@cprkids.com.au).

**For class availability and to book and pay online:** <https://www.trybooking.com/BOSHF>

Cost: \$99 GST inclusive per participant.

*Who can attend this class?*

- Pregnant women and couples
- Parents
- Grandparents
- Friends
- Families
- Anyone who cares for babies and children

*Topics covered include*

- CPR for babies and children
- Drowning response for babies and children
- Choking
- Burns
- Head injuries
- Poisons
- Fever and Febrile convulsions

*Additional post-class online learning:*

- Limb injuries
- Bites & stings
- Allergic reactions

*All participants receive:*

- CPR Kids e-guide which covers all the topics learned in class plus many more first aid situations
- Poster covering first aid scenarios and CPR flowchart
- Fridge postcard overview of DRSABCD, other first aid and important phone numbers
- Access to the YouTube channel, CPR Kids TV, so participants can refresh their knowledge anytime
- A Certificate of Attendance is sent to all participants after their class.

*\* Please note there is a cost involved for this service which may be covered by some health funds.*

**AND THEN....**

**WHEN YOU HAVE HAD YOUR BABY OUR POSTNATAL PROGRAMS**

## Mums & Bubs Yoga

This online class provides a great opportunity to connect your new baby, and with other new mums who may be sharing similar experiences. The focus is on post-pregnancy recovery of strength and fitness, including releasing areas of the back and shoulders that can become problematic with the added demands of being a new mum - lifting, carrying and breastfeeding; as well as stress management and relaxation tools. There is no expectation for your baby to behave in a certain way and you will be welcome to stop anytime during the class to breastfeed or change a nappy when required.

You are welcome to attend after your 6-week postnatal check-up if you have had a vaginal birth, with your doctor/midwife's consent, and after 3-months if you have had a caesarean delivery or complications with your doctor/midwife's consent.

- Mums and Bubs Yoga is held Monday 1.30pm–2.30 pm, except public holidays.

**Book and pay online:** <https://www.trybooking.com/195115> Cost: \$25 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 and learn new information. Babies from the age of 0-4 months can be part of this special time. Mumsense is held every Thursday 10.30am-12.30pm. Please email [jane.svensson@health.nsw.gov.au](mailto:jane.svensson@health.nsw.gov.au) for schedule of talks.

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

## Embody Postnatal

Embody Postnatal is a physiotherapy-led education course for women who have given birth, held over four sessions at 0-2 weeks (EMBODY after Birth), 6 weeks, (EMBODY to Exercise), 12 weeks (EMBODY to Wellbeing) and 6 months (EMBODY Lifelong). We cover:

- Pelvic floor: the changes it goes through during pregnancy and birthing, and how to re-gain function and control
- Postnatal recovery after both vaginal and Caesarean births
- Bladder and bowel health
- Aches and pains after giving birth, and what to do about them
- Returning to exercise safely and confidently
- Having sex after giving birth
- Abdominal muscle separation
- Sleep and stress
- Preparing for subsequent pregnancies

You'll also have an opportunity to raise any concerns you have in the class, and if indicated we can organise an appointment to see one of our women's health physiotherapists. Held at 11.30am on either a Monday, Tuesday, Wednesday or Thursday.

**Book online:** <https://www.trybooking.com/671402> Cost: Free

## **OUR OTHER EDUCATIONAL PROGRAMS FOR GIRLS AND COUPLES**

### **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: \$105 which includes morning and afternoon tea and lunch.

### **Not Pregnant, Just Looking – Our Preconception Program**

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 and one of our experienced Midwives.

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