

# 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.

To book for one of our Health Education Antenatal Classes, please follow these steps, go to:

<https://www.seslhd.health.nsw.gov.au/royal-hospital-for-women>

- Click on: Services and Clinics
- Click on: Having a Baby
- Click on: Antenatal classes and Yoga – more information
- Please click [here](#) to download list of classes and online booking.

**PLEASE NOTE: PROGRAMS WITH MORE THAN ONE SESSION, YOUR TICKET WILL ONLY HAVE THE START DATE.**

## 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, Michele Simpson and our Dietitian. This evening 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 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: \$330 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 6 or 7 weeks. We recommend that you **start the program after 28 weeks** of pregnancy. Cost: \$330/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<sup>[1]</sup><sub>[SEP]</sub> **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: \$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.

**Book and pay online:** <https://www.trybooking.com/195088> Cost: \$135 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: \$135 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.

### Secret Mothers' Business

This special session for women only is held on alternate Thursdays at 9.15am. 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 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

## 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: \$12 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.

**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: \$75. 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

## 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. Mats are provided or you are welcome to bring your own.

Prenatal Yoga is held:

- 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: \$22 per session.

Check-in arrive 10 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. Mats are provided or you are welcome to bring your own.

- Wednesday 7.15 – 8.15pm

**Book and pay online:** <https://www.trybooking.com/250558> Cost: \$22 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.

**Book and pay online:** <https://www.trybooking.com/195115> Cost: \$22 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

### **The 4<sup>th</sup> Trimester**

The 4<sup>th</sup> Trimester is a physiotherapy-led education class for women who are 0-2 weeks after giving birth.

We cover:

- *Pelvic floor*: the changes it goes through during pregnancy and birthing, and how to re-gain function and control
- Early *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*

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.

**Book online:** <https://www.trybooking.com/671402> 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: \$105 which includes morning and afternoon tea and lunch.

### **Multicultural Women's Group**

This is a special informal group for older 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 regularly in Seminar Rooms 1 and 2 from 10.30am – 12.30pm.

Please ring Jane Svensson on 9382 6700 for details Cost: Free