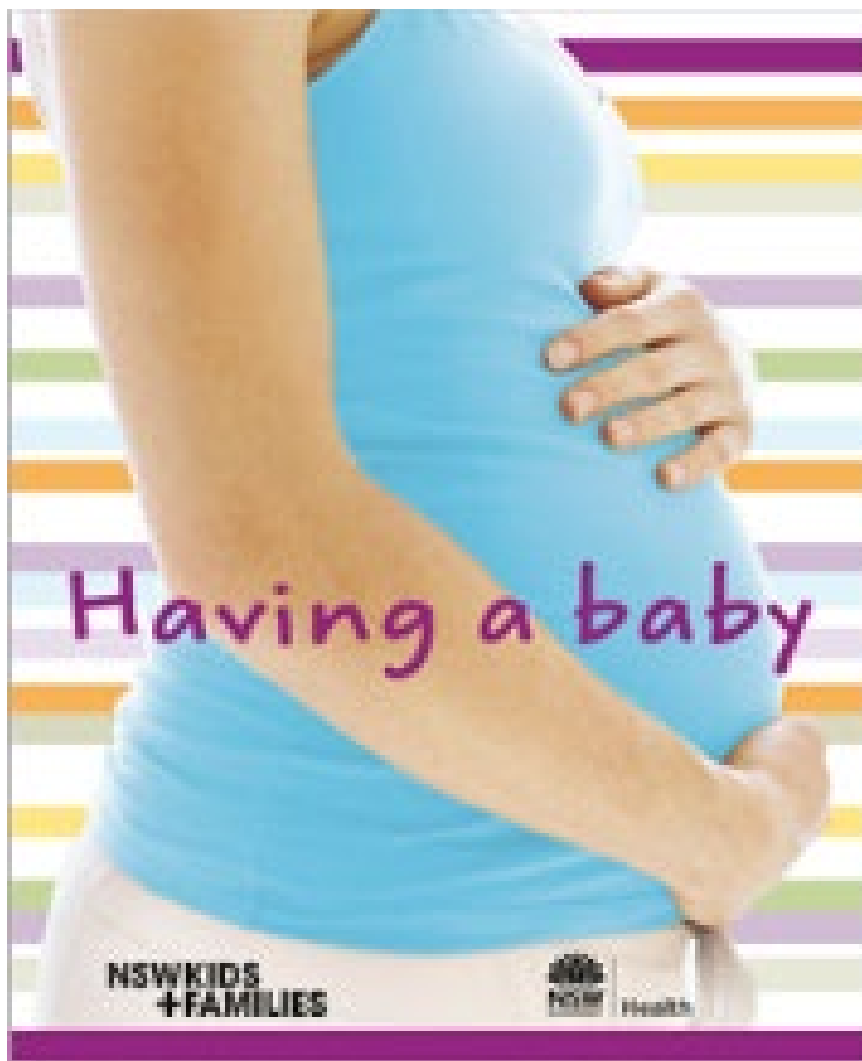


Information handouts for women at their booking visit

Click on handout or logo/wording to follow link



[HAVING A BABY IN OTHER LANGUAGES](#)

Breastfeeding your baby



FOOD SAFETY DURING PREGNANCY



Department of
Primary Industries
Food Authority

More resources at foodauthority.nsw.gov.au  [nswfoodauthority](https://www.facebook.com/nswfoodauthority)  [nswfoodauth](https://twitter.com/nswfoodauth)



Australian Government
National Health and
Medical Research Council

VITAMIN K

for newborn babies

Information for parents

If you need more information,
please contact your doctor
or health care worker



**Beyond
Blue**
**Understanding
perinatal depression
and anxiety**



An Australian Government Initiative



[Click here to follow link to the Royal Hospital for Women Antenatal Classes](#)

[Click here to follow link to the Royal Hospital for Women inpatient guide](#)



**Australian
Breastfeeding
Association**



raisingchildren.net.au
the australian parenting website

C O P E
Centre of Perinatal Excellence



HOW IS DAD GOING



HEALTHY DADS PROJECT

**PELVIC FLOOR MUSCLE
TRAINING FOR WOMEN**

STRONG PELVIC FLOOR **MUSCLES** MEAN
GOOD BLADDER AND BOWEL CONTROL

Helpful Contacts for Dads

New South Wales

Early Parenting Support

Parentline 1300 1300 52 www.parentline.org.au

Karitane Care Line www.karitane.com.au
(02) 9794 2300 1300 227 464

Tresillian Parent Helpline www.tresillian.net
(02) 9787 0855 (Sydney) or 1800 637 357

Your General Practitioner or contact your local
Council for your Child Health Nurse

Pregnancy, birth & baby helpline 1800 882 436

Australian Breastfeeding Association
1800 686 2 686 www.breastfeeding.asn.au

Hills Parenting Centre (02) 9639 1187

NSW Dept of Health www.health.nsw.gov.au

MensLine Australia

1300 78 99 78 www.menslineaus.org.au

healthdirect

1800 022 222 www.healthdirect.org.au

Parenting Activities for Dads

Neighbourhood Centres

Contact your local Council for details

Playgroup NSW for playgroups with dads

1800 171 882 www.playgroupaustralia.com.au

Depression and Anxiety

beyondblue: the national depression initiative
1300 22 4636

PANDA Helpline (Post and Antenatal Depression Assoc.)
1300 726 306 www.panda.org.au

Personal and Relationship Issues

www.relationships.com.au 1300 364 277

www.catholiccare.org (02) 9390 5377

www.anglicare.org.au 13 26 22

www.interrelate.org.au (02) 9840 8777



*Knowing the potential
issues following child birth,
how to tackle them and
where to get help, made all
the difference for me.*

*Being a Dad is the most
innately rewarding thing
I've ever done.*

Useful Websites

www.beyondblue.org.au

www.ngala.com.au

www.cyh.com.au

www.raisingchildren.net.au

www.mychild.gov.au



beyondblue

Ngala

Parenting with Confidence

BU/0778 06/10