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Teaching parents to be calm and confident for birth

For new mums and dads, preparation for birth and parenthood can be daunting.

To assist parents to prepare for birth – whether it is their first baby or fourth time round, St George and Sutherland Hospital Preparation for Parenthood educators are experts when it comes to providing education, support and practical advice through their antenatal classes.

Resourced with the most up to date DVD's on breastfeeding, infant communication and birth information, couples are receiving all the means available to put them at the best possible place for their parenthood journey.

Acting St George and Sutherland Hospital's Nursing and Midwifery Co-Director, Lorena Matthews, advises the antenatal classes offered at both St George and Sutherland Hospitals are comprehensive and focus on the many aspects of being pregnant, having a baby and early parenthood.

"Positive feedback received suggests the content of our antenatal classes meet the expectation of the couples and is delivered in a way that is appealing and innovative," Ms Matthews said.

Of interest to most parents Ms Matthews notes, is the guided tour through Maternity Services, the "live" baby bath demonstration and participation of guest facilitators from the Australian Breastfeeding Association and Physiotherapy department.

"A popular segment also is the inclusion of our male facilitators who share their personal experiences with the group and engage with future "dads" by addressing their concerns and answering their questions," she said.

South Eastern Sydney Local Health District hospitals have been providing competency based training, mentoring and certification programs for early parenting educators since 1994.

Additionally, the Early Parenting Program continues to facilitate twice yearly Group Skills Facilitator training for early parenting educators, midwives, and child and family health nurses.

"Importantly, South Eastern Sydney Local Health District hospitals ensure that education material used in our antenatal classes is based on evidence based research and that client feedback is utilised to enhance and improve our programs," Ms Matthews said.

For bookings and further information about antenatal classes contact Sutherland Hospital on (02) 9540 7245 (Tuesday to Thursday), or St George Hospital on (02) 9113 1445 (Monday to Friday with a return phone call on Wednesday).