

# Childbirth and Early Parenting Classes



Childbirth and Early Parenting Classes give you information to help you make informed choices for you and your baby during birth and the early months.

In the classes, experienced midwives encourage your questions and send you links to more resources and videos. The midwives can also talk with you and your support partner privately about any concerns you may have.

## What information will be covered?

The classes cover a wide range of topics from birthing to the early months of parenting such as:

- What to expect during natural birth; understanding induction of labour, interventions and complicated birth; and the role of the midwives.
- Making informed choices. Your right to ask questions before giving or withholding consent to procedures and interventions.
- Being a support partner. Your important role in comforting and supporting a mother in childbirth.
- Managing anxiety, discomforts or pain. Natural methods that can be used at home as well as in the Birthing Unit; and the benefits and risks of the range of medications available.

**“The classes gave us invaluable information in a very comfortable, caring and practical way. The midwife covered so many topics with great knowledge and experience.”**

- Leslie, class attendee

- Breastfeeding. Why breast milk has the power to help protect a baby from sickness and infections; avoiding or managing problems with breastfeeding; how partners can support a breastfeeding mum and baby; feeding with formula; and ongoing support and education in the community.
- Understanding your baby. How babies communicate using body language and sounds and how safe and loving interactions between mums, dads and babies make a lifetime of difference.
- Helping your baby sleep well. How to help your baby learn the skills of settling and sleeping; understanding the sleep-feed-awake-settle cycle; what can cause your baby to sleep poorly; and safe sleeping practices to reduce the risk of sudden unexpected death in infancy.
- Child and family support and services in your neighbourhood. Their role and how you can access them.

## When and how can I book?

It's best to book your classes before you're 24 weeks pregnant. If you are further along in your pregnancy, we'll do our best to make a place available. You can book the classes during one of your visits to the Antenatal Clinic or give us a call.

## When and where are classes held?

To keep our pregnant mums safe, classes continue to be held online. When you book, we'll let you know if face-to-face classes have started again.

### Nepean Hospital:

- 6 week classes Mondays 6:30 to 9:15pm
- 6 week classes Tuesdays 6:30 to 9:15pm
- 6 week classes Thursdays 6:30 to 9:15pm
- 4 week classes Wednesdays 6:30 to 9:30pm

### Blue Mountains ANZAC Memorial Hospital:

- 4 week classes Tuesdays or Thursdays 6:30 to 9:30pm

## Who are the classes for?

Classes are for anyone expecting a baby or who will be co-parenting. Everyone can benefit, couples, singles, LGBTQIA+ parents, parents who already have children, parents with mild intellectual disability, teenage parents, and adoptive parents.

Even if you're giving birth elsewhere, we'll accept your booking if we have places available. The classes are as important for support partners as they are for the mother. If you're having a second support person such as your mum, dad, sister, good friend or grandparent, they're welcome too.

## How much do the classes cost?

The fee is \$75 to \$120 depending on the hospital and demand, however this will be confirmed when you enquire. Classes are **free** for young parents. If you're genuinely unable to afford the fee, please don't hesitate to let us know, no one will be disadvantaged.



## Get in contact with your Antenatal Clinic

For more information or to book in a class please give us a call.

### Nepean Hospital

Phone: (02) 4734 2373

Monday to Friday 8:30am - 3:30pm

### Blue Mountains ANZAC Memorial Hospital

Phone: (02) 4784 6573

Monday to Friday 8:30am - 3:30pm

## Nepean Blue Mountains Local Health District

PO Box 63

Penrith NSW 2751

Telephone: (02) 4734 2000

Fax: (02) 4734 3737

Email: [NBMLHD-mail@health.nsw.gov.au](mailto:NBMLHD-mail@health.nsw.gov.au)

Web: [www.nsw.gov.au/health/nbmlhd](http://www.nsw.gov.au/health/nbmlhd)

Facebook: [www.facebook.com/NBMLHD](http://www.facebook.com/NBMLHD)

Instagram: [instagram.com/nepeanbluemountains](https://www.instagram.com/nepeanbluemountains)

Twitter: @NBMLHD

YouTube: Nepean Blue Mountains Local Health District