

# BirthWise- 'in person'

## More than an antenatal class

I am so pleased to be able to offer this new childbirth preparation programme, which is a combination of online information and face-to-face sessions.

This is a positive and encouraging programme to help you prepare for childbirth and beyond. Created from wisdom and knowledge drawn from the birthing community, my midwifery experience and over 20 years of developing childbirth education approaches, I strive to honour the unique experience of each birthing mother and father.

A strong emphasis is placed on mental and emotional preparation, being as important as the physical, so the course includes valuable skills to help reduce anxiety and stress.



## The Personal Touch

The course is a blend of emailed information sheets, videos, links to extra resources and personal face-to-face time with me (either in your space or mine). We divide the course up in a certain way to allow us time to review topics, learn new skills and fine tune your preferences. The timing of these sessions can change according to your needs.

You'll also benefit from relaxation/awareness techniques that can be individualised to your particular needs. And I will support you in your childbirth and early parenting choices.

## What you can gain from this course

- Gain a good understanding of the birth process and be better prepared
- Know how to be involved in making decisions about your care
- Understand the value of good birth support
- Develop simple but very effective strategies for comfort and calmness in childbirth
- Be better prepared for the precious time of getting to know your baby

## The course is delivered via 5 modules, which will be emailed to you, one video call and & 3 face-to-face sessions.

Module 1 - The Pregnancy/Birth Continuum

Module 2 - Supporting Birth

Module 3 - Understanding Your Needs

Module 4 - The Early Days

Module 5 - Getting Off To The Best Start

You'll find more information about course content on the following page, including suggested timing of the video call and face-to-face sessions.

**Cost:** \$350

*Feel free to email, text or call me if you'd like to know more.....Janet*

**Booking a course:**

**Ph:** 0415 890 682

**For more details please contact Janet Phillips**

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**Website:** [www.birthwise.net.au](http://www.birthwise.net.au)

# A closer look at the BirthWise-Online programme content

## Module 1

Wellbeing in Pregnancy: emotional and physical care and support, for the mother and the unborn baby.

Pre and Early Labour: how to recognise what you're experiencing and respond appropriately, whether you're at home or hospital.

The Birth Process: becoming familiar with the dynamic process of birth and how to support this. Understanding the birth continuum as more than just three separate stages.

**½ hour Zoom/Skype call: Time to chat and get to know each other.**

**Module 2** Strategies for Comfort: positions & movement; heat/cold; the breath; includes evidence for various comfort strategies for birth and their effect on relaxation, birth satisfaction, ease of birth and reduction of intervention or need for medical pain relief. Creating a nurturing environment, that supports the birthing mother.

The Birth Support Partner: holding the BirthSpace & providing emotional & physical support. Relaxing Mind and Body: awareness/relaxation techniques are introduced, to be integrated into birth preparation and practised, so they become more useful automatic during birth.

**1½ face-to-face session: Time to explore comfort techniques, supporting a birthing mother, reducing stress and mindful awareness.**

## Module 3

Responsibilities: understand your rights and responsibilities, taking into consideration your needs/beliefs, care provider/institutional protocols and practice; being involved in decisions.

Communicating Your Preferences: what support you want/need from your care-givers

Medical Assistance: How to navigate through medical choices, knowing the benefits, risks and options.

**1½ hour face-to-face: Looking at relaxation techniques, communicating with care-givers and developing your preferences.**

## Module 4

Baby's First Hours: this amazing time of baby getting to know mum and dad face-to-face.

Mother-care: self-care and what to expect from your care-givers.

Supporting Your Newborn: infant communication; attachment and bonding; baby care; parenting support; creating a supportive environment for you and baby.

## Module 5

Breastfeeding: a wonderful journey of mum and baby learning together; how to get off to the best start; attaching baby; challenges as well as the triumphs.

Becoming Parents: understanding the changes that take place; self care and looking after the family space with support; family relationships; community support.

**1½ hour face-to-face: Time to review/discuss what you need to. Explore how to navigate through the time of being a new parent and creating an environment that is nurturing to help you move through this new experience.**