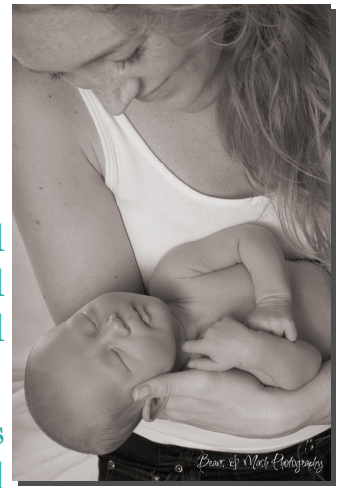


# BirthWise

## Early Parenting Workshop

Workshops run for a few hours usually on a weekend morning or afternoon. Our small group sizes and comfortable environment provide for a relaxed and enjoyable time.

There are so many things to discover about our babies and about ourselves as parents. In this workshop we will explore the joys and challenges ahead as you journey into parenthood.



**Getting to know your amazing baby...** *Babies are equipped at birth with amazing abilities and are primed ready to meet their parents. Recognizing and understanding your individual baby requires patience and trust.*

**Topics include:**

- the first few hours as mum, dad and baby connect
- how we help baby adjust to the outside world
- hospital routines and care
- baby's sleep and wake cycle and how to help them move through it
- recognizing baby's communication and responding to help your baby

**Breastfeeding...** *It's an amazing process with so many benefits. So how do we encourage and support mum and baby to enjoy breastfeeding?*

**Topics include:**

- the first breastfeed... how it works best
- mother and baby learning together
- preventing/managing problems
- getting support

**Transition to Parenthood...** *While adjusting to this time of change, we need to be easy on ourselves, care for each other and accept help.*

**Topics include:**

- how we see ourselves as parents
- emotional health after birth
- creating a supportive environment for your new family
- community support.

**Cost:** The Early Parenting workshop is only \$60 for calmbirth attendees.

Booking a course: For more details or programme dates, please contact  
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