

BirthWise-Online

More than an antenatal class

This is a positive and encouraging childbirth preparation programme, created by Janet, a midwife with over 20 years experience of running private and hospital based childbirth education courses in Sydney's west.

It is delivered in the form of information sheets, where you can make notes and write questions, worksheets where you can personalise your birth preferences & videos presented by your friendly childbirth educator. You will also have access to relaxation/meditation audios.



The Personal Touch

The difference with this course, is that you also benefit from 2½ hours of face-to-face time with your educator via skype or zoom, throughout the course. This is usually divided up in a certain way to allow us time to review topics, clarify information and fine tune your preferences. The timing of these sessions can change according to your needs.

You also benefit from relaxation/awareness techniques that can be individualised to your particular needs. You can enjoy learning in the comfort of your own home, at a time and pace that suits you. And you can feel supported 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 in 5 modules

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 video calls.

Cost: \$180

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

Email: janet.phillips@birthwise.net.au Website: 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 your 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

This module incorporates understanding of how a person's conscious awareness and biology can greatly influence their body's functions and responses.

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 BirthSpace: creating a nurturing environment, that supports the birthing mother.

The Birth Support Partner: holding the BirthSpace; massage/touch; hydration; physical and emotional support; acupressure.

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.

1 hour Zoom/Skype call: Time to explore, ask questions and fine tune your preferences

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.

½ hour Zoom/Skype call: A well deserved online session after all your learning and preparation to ask questions and fine tune 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.

½ hour Zoom/Skype call: our final online chat, and you're on your way!