



Early Parenting Workshop

Workshops run for around 3 hours usually on a weekend or an evening. Our small group sizes and comfortable environment provide for a relaxed and enjoyable time. Some information is provided as written handouts for couples to take home and read so that we can spend this valuable time discussing relevant topics.

Getting to know your amazing baby... Babies are equipped at birth with amazing abilities and are primed ready to meet their parents. Learning to understand your baby's cues and needs 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

Cost: \$210 for a private session, \$105 for a group workshop. This includes light refreshments, handouts and extra resources.

Booking a course: For more details or programme dates, please contact Janet Phillips
Ph:0415 890 682 Email: janet.phillips@birthwise.net.au Website: www.birthwise.net.au