

Antenatal Education Program 2016/17



The antenatal education team consists of health professionals who are dedicated to providing up to date and relevant information.

Your program will be facilitated by the following SGH staff:

- Registered midwives
- Physiotherapist
- Lactation Consultant
- Student midwives

Your program may also include visits from members of the Australian Breastfeeding Association.

87 Station Road
(PO Box 104)
FOSTER 3960
Phone: 03 5683 9777
Fax: 03 5682 2178
www.southgippslandhospital.org.au

About the program

For pregnant women, partners and support people

Our program will enable expectant parents to gain knowledge and become more involved in their care.

The information provided is intended to supplement the information we are able to supply individually in the midwife clinic.

Morning tea and lunch are provided.

Please advise midwife of any dietary requirements prior to the day.

Your place will be confirmed prior to the start of the program.

For more information contact the clinic midwives on Monday or Thursday.

What is covered

- ◇ Changes during pregnancy
- ◇ The birthing process
- ◇ Stages of labour
- ◇ Coping strategies for labour and birth
- ◇ Pain management
- ◇ Caesarean birth
- ◇ Hospital Tour
- ◇ Emotional Health
- ◇ Breast feeding
- ◇ Sexual Health
- ◇ Care of the newborn
- ◇ Community resources
- ◇ Meet other expectant parents
- ◇ Any questions you may have

When and where

Remaining dates for 2016

Sunday November 6

Dates for 2017

Sunday February 5

Sunday May 7

Sunday August 6

Sunday November 12

Time

9am-3pm

Cost

\$25.00 Per Person

(Please bring cash on the day)

If there are any financial difficulties, please discuss this with a midwife in the midwife clinic.

Location

The program is conducted at the hospital's Community Health Centre, Station Rd, Foster between the South Gippsland Hospital main building and Foster Medical Centre

