



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
- Lactation Consultant
- SGH Student midwives  
(Registered nurses studying for a Graduate Diploma)

Your program may also include visits from the following:

- SGH Well Women's Clinic nurse
- New parents
- GP Obstetricians

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# Antenatal Education Program 2017/2018



## 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

### Dates for 2018

Sunday February 4

Sunday May 6

Sunday August 5

Sunday November 11

### Time

9am-3pm

### Cost

\$25.00 Per Person (\$50 per couple)

*(Please pay at hospital reception prior to 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

