Information, advice and support after the birth of your baby

- Open House – A series of information sessions led by parent educators
- Baby massage – learn the correct techniques from a trained instructor

Find more information about these postnatal programs from the Parent Education department, on your ward, East Wing Clinic or visit www.kemh.health.wa.gov.au and follow the links to services A – Z, then Parent Education.

Location
Parent Education department

First Floor, A Block next to the chapel. Take the lift from the main entrance foyer to the First Floor and turn right.

Contact us:
Phone: (08) 9340 1368

Hours: Monday – Friday 8.00am – 9.00am or 3.00pm – 4.00pm except Wednesdays

Please note: If you are part of the Ruby or Jade team or receiving care at the Family Birth Centre please book your classes through them.

If you are unable to attend the classes and would like more resources on labour, childbirth and parenting, please visit the KEMH Women and Newborn Health library.

Ground Floor Main Corridor, A Block
374 Bagot Road, Subiaco, next to the café or visit www.healthywa.wa.gov.au

Preparation for Childbirth and Parenting Courses

This document can be made available in alternative formats on request for a person with a disability.

Produced by Parent Education Midwives
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Childbirth and parenting courses
This course is offered to first time mothers and their support person. Each weekly session lasts for two hours and runs over a five week period.
• Tuesday or Wednesday at 7.00pm – 9.00pm
Topics include:
• When to come to hospital, normal labour and active birth.
• Methods of pain relief, induction of labour and assisted birth.
• Introduction to breastfeeding.
• Parenting and postnatal issues.

A condensed course is also available, which includes the topics above and held over two sessions.

Option 1:
Friday 8.45am - 2.30pm and Monday 6.30pm - 9.00pm

Option 2:
Saturday 8.45am - 2.30pm and Monday 6.30pm - 9.00pm

It is recommended that you attend the following: Breastfeeding and Physiotherapy classes.

Breastfeeding workshop
The breastfeeding workshop provides the opportunity for all pregnant women to practise positioning and attachment of the baby at the breast in a small group setting. In this women-only environment, open discussion of breastfeeding is supported and encouraged.
Mondays (over 2 weeks) 1.30pm – 3.00pm
Thursdays 1.00pm – 3.00pm

Physiotherapy classes
Skills for birth and beyond
This class involves learning about relaxation, breathing awareness, massage and positioning to improve your comfort during pregnancy and childbirth.

Sessions are held in the Physiotherapy Department. Please ring (08) 9340 2790 to book your place.

Other Parent Education classes available
Vaginal birth after caesarean (VBAC)
For women and their support person planning a vaginal birth after a previous caesarean birth.

Planning a positive caesarean birth
For women and their support person who are booked for a caesarean birth.

Multiple birth
An evening specifically designed for women and their support person expecting twins or triplets.

Please ring the Parent Education Department on (08) 9340 1368 for details.

Bookings are essential for classes and hospital tours.

Antenatal classes
Healthy pregnancy discussion for pregnant women between 12 and 20 weeks
An enjoyable evening for women and their support person about understanding the physical changes pregnancy brings. This session involves discussion with the midwife, dietician and physiotherapist.
• Mondays at 6.00pm – 8.30pm

Hospital tours
Tours are conducted by midwives three days a week and start in the main entrance of KEMH Bagot Road Subiaco.
• Monday morning at 9.30am
• Tuesday and Wednesday evenings at 6.00pm

King Edward Memorial Hospital (KEMH) Parent Education department offer a wide range of classes to help prepare and assist women for the birth of their baby, ongoing care and the transition to parenthood. Partner or support person are welcome.

Bookings are essential so please contact the Parent Education team on (08) 9340 1368 between Monday and Friday, 8.00am - 9.00am, or 3.00pm - 4.00pm (except Wednesdays) to book your place.

The Parent Education department is staffed by clinical midwives. Student midwives are allocated to Parent education as part of their midwifery training.

Please book early to avoid disappointment.