CHILDBIRTH AND PARENTING COURSES

AIM

- To offer education to increase the understanding of the physiological and psychological events of pregnancy, childbirth and parenting.
- To promote student and staff awareness of the benefits of childbirth and parenting courses, and encourage participation in meeting these needs.
- As required, establish networking with Allied Community Support Agencies, thereby facilitating equitable access to parent education in the community.

LOCATION

The Parent Education Department is located on the first floor of Block A, next to the hospital Chapel.

HOURS OF OPERATION

- Monday to Friday 0730 – 1600 hours.
- If the office is unattended, the midwife can be contacted on page 3334.
- Childbirth and Parenting courses operate at different times. For information on individual session times see the KEMH brochure ‘Preparation for Childbirth and Parenting Courses’.
- A midwife is available for booking sessions from Monday to Friday (except Wednesdays):
  - mornings between 0800 – 0900
  - afternoons between 1500 – 1600

CHILDBIRTH AND PARENTING COURSES AND SESSIONS

Detailed information regarding courses and sessions is available from the KEMH brochure ‘Preparation for Childbirth and Parenting Courses’.

Women with special needs or requirements are catered for on an individual basis.

Available classes include:

- Childbirth and Parenting courses for first time mothers and their support person
- Breastfeeding workshop
- Healthy pregnancy discussion
- Refresher session – suitable for women who are having a second or subsequent pregnancy
- Vaginal Birth After Caesarean
- Planning a Positive Caesarean Birth
- Multiple Birth
- Language of Childbirth – designed for women with limited English
- Hospital Tours
- Physiotherapy – women are advised to contact the Physiotherapy Department directly.
BOOKING OF EDUCATIONAL SESSIONS

- Booking of classes is essential.
- It is recommended to book classes early.
- It is the responsibility of the antenatal women to contact the Parent Education Department to book in her course or session.
- Inpatient antenatal women – the midwife caring for the woman can contact staff from the Parent Education Department to arrange individualised care.
- Women who are attending KEMH and having shared care with another hospital should attend the Childbirth and Parenting courses at the referring hospital. They may choose to attend KEMH for an individual session e.g. a tour of the hospital.
- Parent education for women attending the Family Birth Centre or having Team midwifery care attend classes provided by them.