

1 ANTEPARTUM CARE

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1.8 Childbirth and parenting courses guidelines for midwives
Section B
Clinical Guidelines
King Edward Memorial Hospital
Perth Western Australia

1.8 CHILDBIRTH AND PARENTING COURSES GUIDELINES FOR MIDWIVES

AIM

- To offer education to increase the understanding of the physiological and psychosocial 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.
- When necessary, network with Allied Community Support Agencies, thereby facilitating equitable access to parent education in the community.

LOCATION

The Parent Education Department is located in Block A on the first floor.

HOURS OF OPERATION

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

CHILDBIRTH AND PARENTING CLASSES AND SESSIONS

Detailed information about Parent Education Department courses and sessions is available in the KEMH brochure **Preparation for Childbirth and Parenting Courses**.

Women with special needs are catered for by individualised educational sessions.

Available are:

- Childbirth and Parenting course for first time mothers

Additional sessions or classes include:

- Breastfeeding workshop
- Healthy pregnancy discussion
- Refresher session – suitable for women who are having a second or subsequent pregnancy

- Vaginal Birth after Caesarean Section
- 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 the responsibility of the antenatal woman to contact the Parent Education Department to book her course or session.
- Inpatient antenatal woman – the midwife caring for the woman can contact staff from Parent Education 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.