



Childbirth, parenting and breastfeeding classes

The KEMH Parent Education department offers a wide range of classes, both in person and online to help prepare women and their support person for the birth of their baby, ongoing care and the transition to parenthood.



The Childbirth and Parenting Class at King Edward Memorial Hospital (KEMH) is designed for first time parents and covers topics such as labour and birth, baby care, breastfeeding, and parenting. Partners or a support person are encouraged to attend these classes along with the expectant mother.

Classes are available at different times and days to cater for all clientele. Classes are free for all patients with a Medicare number, and bookings are essential.

KEMH also offers a two-hour **Breastfeeding Class** designed for first time mothers. This is a small group (up to six mothers) with practical breastfeeding information including how to breastfeed, how to manage common breastfeeding problems, and information on hand and pump expressing.

Breastfeeding classes are offered on Mondays and Thursdays from 1-3pm and bookings are essential. Classes are free if you have a Medicare number.

For both classes, it is advised to book from 20 weeks gestation as places are limited. It is also recommended to have all classes completed by 36 weeks gestation.

All bookings are made online via the KEMH website.
Go to Parent Education/Antenatal Classes/Book a Course or workshop.

King Edward Memorial Hospital
Parent Education Department
Phone (08) 6458 1368

Or scan
QR code:

