



# Childbirth and Early Parenting Education Groups



**We offer a range of Childbirth and Early Parenting Groups to suit you and your support partner. Groups are all inclusive and we welcome singles, couples and blended families.**

You can choose from evening groups, where you can learn as much as you can about childbirth and the first few months of your baby's life. If you simply want the basics, then come to a group held over two Saturdays.

If you are a young parent under 19 years old, you can meet others and check out the things you'd like to know about in one session.

If groups aren't your thing, don't worry, we have something for you too.

Please consider booking into your chosen group before you are 20 weeks pregnant.

## Birth Unit Tour

If you have some questions about what to expect during childbirth and would like to see the Birth Unit and how to get in after hours then come and have a tour!

For Nepean Hospital ring 4734 2295 at 1.30pm on a Sunday afternoon to let the midwives know you would like to come along for the 3.00pm tour. For Blue Mountains Hospital ring 4784 6573 to arrange a time. **No fee**

## Saturday Group - two sessions

For those who want the basics, you can attend across two Saturdays. These groups cover: understanding the birth process and minimising complications; natural pain management options; medications; being a more confident support person; breastfeeding; needs of a newborn; discussions about SIDS; the role of the Midwifery@Home Service, Tresillian, Australian Breastfeeding Association and Child and Family Health Nurse. Tour of Birth Unit is dependent on how busy the unit is. **\$150**

## Evening Groups - 4 or 6 weeks

For people who want to know everything! Information includes understanding the birth process and minimising complications; natural pain management and medications; being a more confident support person; induction of labour; interventions and caesarean birth; breast feeding; the needs of a newborn; reducing tension and misunderstandings between mums and partners in the early months; discussion about SIDS, Midwifery@Home Service, Australian Breastfeeding Association, Tresillian and the Child and Family Health Nurse and more. Tour of Birth Unit is dependent on how busy the unit is. **\$150**

## Young Parent Group

This Group is for women under 19 years old and covers understanding the birth process; natural pain management and medications; being a more confident support person. You can come by yourself or bring a support person of your choice. This could be your boyfriend or girlfriend, mum, dad or gran. **No fee**



### Mid-Series entry to evening classes

If you are booking late and have missed the first weeks of a class, vacancies sometimes become available at Nepean Hospital after classes begin and you might still be able to attend a whole six week series. Call 4734 2526 to check. **Fee applicable**

**Please make your booking before you are 20 weeks pregnant, if possible**

### How do I book?

Call or visit:

- Nepean Hospital Antenatal Clinic  
4734 2373, or
- Blue Mountains District ANZAC Memorial Hospital Maternity Unit 4784 6573

### When do I need to pay?

Confirm your booking by paying in full or in installments within 14 days before your booked class. Concessions are also available, terms and conditions apply.

### Pay over the phone or in person

- Nepean Hospital Cashier 4734 2629  
Monday to Friday 9am - 3pm  
Level 2 South Block
- Blue Mountains District ANZAC Memorial Hospital Cashier 4784 6792  
Monday to Friday 8:30am - 3:30pm

### Cancellations, refunds and rescheduling

A \$20 late cancellation fee is chargeable if notice is given less than 14 days before classes start. Clients on the waiting list need time to receive notification and rearrange their commitments.

If you miss 50% of your classes due to illness or exceptional circumstances, please call the hospital where your classes are held to discuss the possibility of rescheduling or a partial refund.

### Where are the groups held?

#### 6 Week Evening Group, 2 Saturdays Group and Young Parent Group

Nepean Hospital, Derby Street Kingswood  
Tutorial Room Level 3 South Block (take the stairs or lift and enter through the glass door beside lift No. 17).

#### 4 Week Evening Group and 2 Saturdays Group

Blue Mountains District ANZAC Memorial Hospital, Katoomba (enter off Great Western Highway and follow the signs to the Education Unit).

### Your booking details

- |                          |                 |                  |
|--------------------------|-----------------|------------------|
| <input type="checkbox"/> | 2 Saturdays     | 9:00am - 3:30pm  |
| <input type="checkbox"/> | 4 weeks evening | 6:30pm - 9:30pm  |
| <input type="checkbox"/> | 6 weeks evening | 6:00pm - 8:30pm  |
| <input type="checkbox"/> | 6 weeks evening | 7:00pm - 9:00pm  |
| <input type="checkbox"/> | Young parents   | 12:30pm - 2:30pm |

### Your group will be held at

- |                          |  |
|--------------------------|--|
| <input type="checkbox"/> | Nepean Hospital Kingswood                                |
| <input type="checkbox"/> | Blue Mountains District ANZAC Memorial Hospital Katoomba |

Your group starts on: \_\_\_\_\_

### Car parking

You are entitled to claim free parking while attending your Childbirth and Early Parenting Education Group. Please park in any of the hospital car parks when you arrive for your first class and your facilitator will explain how you can claim your concession.

## Contact Information

**Nepean Hospital Childbirth and Early Parenting Educator/Co-ordinator**  
Phone: 4734 2526

*Cashier Use Only*  
Nepean: 420825-362806-3709  
Blue Mountains: 470400-355190-3703



**Health**  
Nepean Blue Mountains  
Local Health District

PO Box 63  
Penrith NSW 2751  
**Telephone:** (02) 4734 2000  
**Fax:** (02) 4734 3737

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