



# Aboriginal Maternity Care

Warami. You are welcome here.

**We are here to support and help you feel culturally safe during your journey from pregnancy, childbirth and beyond.**

We offer options for antenatal care in pregnancy, these include:

- **Aboriginal Caseload Midwifery:** A 24/7 service where you are cared for by a small group of midwives who provide antenatal care (at home or in hospital), are on call for any concerns, support you in labour and birth and provide postnatal care for 2 weeks.
- **Aboriginal Maternal Infant Health Service:** Wilingali is a community based service where the midwife and Aboriginal Family Health Workers work together to provide antenatal care and postnatal care for up to 8 weeks for families in the Penrith area.
- **Aboriginal Outreach Clinic:** Antenatal Care provided by a midwife and obstetrician at St Marys Community Health Centre, 26 Gidley Street, St Marys.
- **Adolescent Clinic:** Antenatal midwifery care for young parents at Penrith Women's Health Centre, Cnr Henry & Station St, Penrith.
- **GP shared care:** Seeing your GP for care as well as the antenatal clinic.
- **Obstetric Led Care and Midwifery Led Care:** An option for outreach community midwives clinics. We offer some midwife clinics out of hours.

Other services available include counselling with a psychologist, social work, mental health and drug & alcohol services for pregnant women, and *Quit for new life* smoking program.

The Nepean Blue Mountains Obesity Service, which includes the OPAL Clinic for pregnant women, is also available. Woman attending the OPAL Clinic have access to a midwife, obstetrician, dietitian, physiotherapist, and psychologists.

Cultural support is available at any time - ask your midwife to page the Aboriginal Hospital Liaison Officer.

After bub is born, a Child and Family Health Nurse and Aboriginal Family Health Worker from Mudang Mudjin (Building Strong Foundations) can see you and your child for developmental checks until your child starts school. We can see you at home or wherever you prefer to be seen in the community.



## Routine tests

There are some routine tests you will need to have during pregnancy. Extra tests may be offered if any risks arise.

**11-13 weeks:** Nuchal Translucency ultrasound (also known as the scan that screens for Down Syndrome)

## Routine tests (continued)

**18-20 weeks:** Morphology ultrasound (Anatomy screen where you can choose to find out the sex of your baby)

**24-28 weeks:** Glucose Tolerance Test (2hr fasting blood test. We also check your iron levels at this time).

**Approx. 28 weeks:** Free whooping cough vaccine for you at the hospital. Please see your GP at anytime for your flu vaccine.

**28-34 weeks:** Growth ultrasound

**36 weeks:** Vaginal swab for Group B Strep (GBS).

## Helpful resources

Scan the QR code for more information and resources.



## Aboriginal Maternity Care

Before 20 weeks present to your GP or Emergency department if unwell.

After 20 weeks contact Birth Unit 24/7 and chat to midwife

**Birth Unit (24/7)**  
(02) 4734 2295

**Antenatal Clinic (8:30am-5pm)**  
(02) 4734 2373

**Ultrasound bookings (8am-4:30pm)**  
(02) 4724 2578



**Health**  
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Local Health District

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