



Parent Education Centre- RPA Women and Babies

The Parent Education Centre offers a range of programs designed to help women, their partners and support people prepare for childbirth and parenting. **You should attend the courses when you are 27 weeks pregnant but ideally you book your course ahead of time, when you are between 14 and 20/22 weeks pregnant.** However, please enquire at any stage.

Classes include:

1. Childbirth and Parenting Sessions – Including hospital tour & newborn care. **Two hours a week for seven weeks**, day or evening. Daytime classes are free of charge (**limited spaces available**), evening **\$260.00 per couple** **OR**

Childbirth and Parenting Weekend Workshops – two consecutive Saturdays or Sundays. **\$250.00 per couple.**

Time: 9:30am – 3:30pm.

2. Changing Shape - back and pelvic floor care sessions, 1x2 hours antenatally. Included with Childbirth and Parenting Classes, or **\$60.00 per couple** when booked as an individual session.

3. Breastfeeding session – 2hrs antenatally at around 36 weeks. **\$55.00 per couple.**

4. Grandparents Information Session: \$70.00 per couple : 3 hours

5. Childbirth & Parenting Sessions in Mandarin – Daytime sessions are free of charge (**limited spaces available**), evening sessions, **\$260.00 per couple. Two hours a week for six weeks. OR**

Childbirth & Parenting Weekend Workshops in Mandarin- two consecutive Saturdays . **\$195.00 per couple**

The following sessions are also offered:

- **Newborn Care** – 1x2 hrs antenatally; **\$55.00 per couple.** Focus on very early weeks after birth.
- **Labour Intensive** – 3 hours = **\$130.00 per couple**
- **Hypnobirthing** – Birth Centre & Labour Ward clients. Cost **\$385.00 per couple**
- **Natural Birth Intensive** - **\$140.00 per couple; 3 hours.** Focusing on achieving natural, active birth.
- **Postnatal Intensive** - **\$100.00 per couple; 3 hours**
- **YOGA.** Thursday Evenings and Saturdays . **\$15 per session OR \$50 for 4 sessions.**

Other courses: (*Free for RPAH clients. Fee for non –RPAH clients)

***Hospital Tours** – Approximately an hour on selected weekday mornings or afternoons. **Children are not permitted on tours so please make arrangements for childminding.** Book no later than 37 weeks. Tours are free of charge.

***Refresher sessions:** for those who have given birth before.

***Caesarean section information session** (for those having elective caesarean section).

To book: phone 9515 5284 or Email: rpah.parenteducation@sswahs.nsw.gov.au

Venue: RPA Parent Education Centre unless informed otherwise.

July 2017

Expressions of Interest in Parent Education-RPA

Today's date:.....

Surname:.....First Name:.....

Partner's Surname:.....First Name.....

Address:.....

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.....Post Code:.....

Daytime phone:.....Mobile:.....

Email:.....

Are you having your baby at RPA? Yes/No

RPAH MRN..... (date of birth if no MRN yet)

When is your baby due?.....

Who will be offering your care?

1. MidwivesClinic
2. Shared Care GP
3. Birth Centre
4. Obstetrician
5. Midwifery Group Practice

Please indicate your preferred sessions:

1. 2 hours per week for a seven week period **weeknights: \$260.00** per couple
2. 2 hours per week for a seven week period **weekdays** (English): FREE for RPA clients only.
3. Two consecutive **Saturdays or Sundays: \$250.00** per couple
4. Mandarin session daytime. FREE for RPA clients only.
5. Mandarin evening session. **\$260.00** per couple

Comments:.....

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Please fax or email this form. Fax number: 9515 5285