



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. **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 **\$280.00** **OR**

Childbirth and Parenting Weekend Workshops – two consecutive Saturdays or Sundays. **\$270.00.**

Time: 9:30am – 3:30pm.

2. **Changing Shape** - back and pelvic floor care sessions, 1x2 hours antenatally. Included with Childbirth and Parenting Classes, or **\$75.00** when booked as an individual session.

3. **Breastfeeding session** – 2hrs antenatally at around 36 weeks. **\$60.00.**

4. **Grandparents Information Session:** **\$80.00 : 3 hours**

5. **Childbirth & Parenting Sessions in Mandarin** – Daytime sessions are free of charge (**limited spaces available**), evening sessions, **\$280.00.** **Two hours a week for six weeks. OR**

Childbirth & Parenting Weekend Workshops in Mandarin- two consecutive Saturdays . **\$210.00**

6. **ONE DAY Workshop Childbirth & Parenting-** Saturday or Sunday **.\$210**

The following sessions are also offered:

- **Newborn Care** – 1x2 hrs antenatally; **\$60.00.** Focus on very early weeks after birth.
- **Labour Intensive** – 3 hours = **\$145.00**
- **Hypnobirthing** – Birth Centre & Labour Ward clients. Cost **\$400.00**
- **Natural Birth Intensive** - **\$155.00; 3 hours.** Focusing on achieving natural, active birth.
- **Postnatal Intensive** - **\$120.00 ; 3 hours**
- **YOGA.** Thursday Evenings and Saturdays . **\$15 per session OR \$50 for 4 sessions.**
- **Caesarean Information Session (Evenings).** **\$110**

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 & have completed other sessions).

To book: phone 9515 5284 or Email: SLHD-RPAParentEducation@health.nsw.gov.au

Venue: RPA Parent Education Centre unless informed otherwise.

April 2018