

Parent Education

SLHD Parent Education Service offers a range of programs designed to prepare mums, dads, partners and support people for childbirth and parenting. Childbirth education helps women make informed decisions during pregnancy, labour, birth, and in the postnatal period. Our parenting education courses build confidence and increase parent's knowledge about pregnancy, labour, birth, newborn care and what to expect in the first 6 weeks following the birth of their baby.

Programs are offered during the day, evenings and on weekends, and may incur a fee.

Our courses are popular and book out quickly.

Expectant parents are encouraged to book early, from 12 weeks pregnancy.

Contact Address: RPAH (Main Building), Building 89, Level 5 in the corridor leading to Fetal Medicine.
Monday- Friday from 8:00am -4:00pm Telephone: 9515 5284

Email: SLHD-RPAParentEducation@health.nsw.gov.au

Online form:

<https://www.slhd.nsw.gov.au/rpa/WomenAndBabies/parentEducation>

Virtual Maternity Tour

Expectant parents are encouraged to view the virtual tour:

RPA Women and Babies

<https://www.slhd.nsw.gov.au/rpa/womenandbabies/infopregnant.html>

Canterbury Hospital Maternity

<https://www.slhd.nsw.gov.au/canterbury/maternity.html>

Early Pregnancy

FREE information session for mums, dads, partners and support people. Learn more about what to expect in early pregnancy, staying healthy and how Sydney Local Health District can provide care for you during your pregnancy.

Recommended from 0-20 weeks pregnancy

1 hour

Daytime and Evening

ZOOM

Changing Shape

Included free as part of the weeknight and weekend Childbirth & Parenting Program.

Run by female physiotherapists to provide women with information about their changing body, back and pelvic floor care, as well as how to manage common pregnancy ailments.

Recommended from 12 weeks pregnancy.

2 hours

Daytime and Evening

ZOOM and Face to Face

Childbirth and Parenting

A comprehensive labour, birth & parenting course.

Information about what to expect during labour, birth (including Caesarean birth) and the first 6 weeks postnatal.

Includes postnatal care for the new mother and baby, newborn behaviour and characteristics, practical baby care, sleep and settling techniques and practical activities such as changing and wrapping baby.

Recommended to start around 28 weeks pregnancy

12 hours

Daytime, Evening and Weekend

ZOOM and Face to Face

TWINS+

Additional sessions for mums, dads, partners and support people who are expecting twins or triplets.

Recommended from 20 weeks pregnancy.

4 hours over 2 sessions

ZOOM

Refresher

For mums, dads, partners and support people who have already had a baby, and would like to revisit labour, birth and adjusting to a bigger family.

2 hours

ZOOM

Caesarean Section

Recommended for mums, dads, partners and support people who know they will be birthing by Caesarean Section.

2 hours

ZOOM

Breastfeeding

Run by a lactation specialist, providing information on breastfeeding, what to expect, how to prevent common problems and what community supports are available.

Recommended around 36 weeks pregnancy.

2 hours

ZOOM

Active Birth

For mums, dads, partners and support people who have an understanding of labour and birth and want to learn more practical strategies . It encourages hands-on participation and covers techniques such as breathing, massage and birth positions.

Recommended around 36 weeks pregnancy.

3 hours

ZOOM

Alternatives to the Childbirth & Parenting Programs

Labour Intensive

Information about what to expect during labour and birth, including Caesarean birth.

Can be attended standalone program or in conjunction with programs such as Postnatal Intensive or Newborn Care.

Recommended around 30 weeks pregnancy

4 hours

ZOOM

Postnatal Intensive

Information about what to expect in the first 6 weeks postnatal.

Includes postnatal care for the new mother and baby, newborn behaviour and characteristics, practical baby care, sleep and settling techniques and practical activities such as changing and wrapping baby.

Can be attended as a standalone program or in conjunction with other programs.

Recommended around 30 weeks pregnancy.

4 hours

ZOOM

Newborn Care

Includes newborn behaviour and characteristics, practical baby care, sleep and settling techniques and practical activities such as changing and wrapping baby.

Recommended around 30 weeks pregnancy.

2 hours

Face to Face

Specialist Programs

Young Parents

An education program run with the Young Parents Clinic. Can be attended while waiting for appointments.

Parents and Families

An education program run with the Parents and Families Clinic, offering streamlined, holistic care for women and families who require extra support and may include smoking cessation, mental health, drug and alcohol and social work. Can be attended while waiting for appointments.

Grandparents to be

For expectant grandparents to help prepare for the arrival of their grandchild. Up to date information on newborn care, immunisations, newborn sleep, settling, behaviour and development, current parenting advice, a refresher on wrapping, nappy changing and burping.

2 hours

ZOOM

CPR and first aid for babies and children

Run by expert paediatric nurses, CPR Kids provide an interactive course which will empower you and your family with the life-saving skills of CPR and First Aid, covering children aged 0 – 8 years.

You will learn how to respond calmly and effectively in an emergency and how to prevent, recognise and respond to the most common first aid situations affecting young children, such as: choking, burns, head injury and much more.

With ample hands-on practice with baby & child manikins, the 3 hour Face to Face session will leave you feeling confident to manage an emergency with your child.

The 1.5 hour online option includes the baby and child CPR and choking ZOOM session as well as access to a self-paced online course.

Recommended for: parents, grandparents, and any carers of children

Course Duration:

Face to face course: approx. 3-hours

Live online Zoom: approx. 1.5 hours

****3 hour Mandarin ZOOM session now available****

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