

Bookings

02 6670 9400

Please book as early as possible & plan to begin at
28 weeks

Murwillumbah Community Health Centre

Monday – Friday 9am-4pm

A \$60 payment will be required at the time of booking

An education package may be posted to you or collected
from Murwillumbah Community Health Centre

Enquiries

You are welcome to contact Childbirth and Early
Parenting Education Coordinator on

0432 211 324

Please leave a message and your call will be returned
ASAP

Murwillumbah Community Health Early Childhood
Nurses provide invaluable ongoing health checks and
support till age 5 years.

Childbirth & Early Parenting Program

when planning to birth at
Tweed Hospital or Murwillumbah Hospitals

MONDAY EVENINGS 6pm –8pm

Education is ONLINE

The invite to join will be emailed

Tweed Heads and Murwillumbah Hospitals

Preparation for Childbirth &
Early Parenting Program



Health
Northern NSW
Local Health District

Murwillumbah Community Health Centre
Childbirth & Early Parenting Education



**Planned birth at Tweed Heads Hospital or
Murwillumbah Hospital.**

This program is designed for pregnant women, their partners/support person to help prepare for childbirth and the early weeks of life with a new baby.

A relaxed supportive environment is created for each group, with the opportunity to discuss any issues relating to pregnancy, birth and early parenting.

This is an opportunity to meet and form friendships with other new to be parents.
The program runs over 7 weeks

7 Monday evenings
6pm - 8pm (NSW)

“CLASSES ARE ONLINE”

Your invite to join the meeting will be emailed

Our Online Program

Week 1

What to expect in the last 4 weeks of pregnancy. What is normal? Stage one labour: Everything you & your partner need to know in preparation for your labour.

Week 2

Stage 2 and stage 3 labour. Unexpected outcomes. Give birth with the knowledge & confidence.

Week 3

Physiotherapist presents strategies to relieve pain, back care, pelvic floor exercises and massage.

Week 4

The Family Centre Presents: The special role of the partner/support person during labour birth and parenthood. What you need to know when you are about to become a parent.

Week 5

The secrets of breastfeeding. Meeting the nutritional and developmental needs of your baby.

Week 6

The first week of life for a family with a new baby. What is normal for your baby? What to expect.

Week 7

The first 8 weeks of life for a family. Sleep and settling your baby into the family home environment. Let's make a smooth transition into parenthood.

NB this outline is flexible and may vary.
Education may be Online or Face to Face



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