



## Midwives @ Sydney & Beyond

Invites you to our pregnancy and parenting network on the following dates for **2017**

### VENUE:

41 Parklands Road  
North Ryde NSW 2113

### FURTHER DETAILS:

Email: [jane@pregnancy.com.au](mailto:jane@pregnancy.com.au)

Website: [www.pregnancy.com.au](http://www.pregnancy.com.au)

Thursday	2 <sup>nd</sup> February	Natural therapies and preparation for birth
Thursday	2 <sup>nd</sup> March	Baby sleep and settling. Relationship changes. Antenatal and postnatal depression.
Thursday	6 <sup>th</sup> April	Waterbirth
Thursday	4 <sup>th</sup> May	Introducing solids and baby led weaning
Thursday	1 <sup>st</sup> June	Vaginal birth after caesarean
Thursday	6 <sup>th</sup> July	Vaccination
Thursday	3 <sup>rd</sup> August	Birth stories
Thursday	7 <sup>th</sup> September	Baby Wearing
Thursday	5 <sup>th</sup> October	Boobs and body changes. Breastfeeding.
Thursday	2 <sup>nd</sup> November	Unexpected outcomes
Thursday	7 <sup>th</sup> December	Attachment parenting, elimination communication and Christmas party

No booking is necessary. Please note that the group is held on the first Thursday of the month. The venue is at **41 Parklands Rd North Ryde** from 10am until 12pm. These get togethers are casual and provide you with opportunity to talk about all sorts of issues in a safe, supportive and relaxing environment. There is plenty of on street parking.

The Pregnancy and Parenting Network will go ahead rain, hail or shine. All updates will be on our Facebook Page [www.facebook.com/MidwivesAtSydneyBeyond](http://www.facebook.com/MidwivesAtSydneyBeyond)

As always, mums, dads, friends and kids are all welcome! See you there!

Love

*Jane, Robyn, Melanie, Hannah, Emma, Janine and Geesje*