



MIDWIVES @ SYDNEY & BEYOND

Invites you to our pregnancy and parenting network on the following dates for 2011 & 2012

VENUE:

27 Hart Street
Dundas Valley NSW 2117
Phone 1300 MIDWYF (1300 643 993)

FURTHER DETAILS:

Email: jane@pregnancy.com.au
Website: www.pregnancy.com.au

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| Thursday | 17 th November 2011 | Tips for siblings at birth, being an attached mother of 2 or more and tandem breastfeeding |
| Thursday | 15 th December 2011 | Christmas gathering – Celebrating Christmas as a family |
| Thursday | 2 nd February 2012 | Labour including pre-labour, long labour, expectations of labour and labour strategies |
| Thursday | 1 st March 2012 | Baby Wearing |
| Thursday | 29 th March 2012 | Waterbirth |
| Thursday | 26 th April 2012 | Introducing solids and baby led weaning |
| Thursday | 24 th May 2012 | Self care during preconception, pregnancy, birth and in early parenting |
| Thursday | 21 st June 2012 | Vaccination |
| Thursday | 19 th July 2012 | Siblings at Birth |
| Thursday | 23 rd August 2012 | Open Forum |
| Thursday | 20 th September 2012 | Parenting Styles, nurturing yourself and elimination communication |
| Thursday | 18 th October 2012 | Unexpected outcomes including arming yourself with knowledge, how to be empowered if a transfer is required and making a Birth Plan |
| Thursday | 15 th November 2012 | Guest speakers. For example homeopaths, osteopath, naturopath, chiropractor, massage therapist |
| Thursday | 13 th December 2012 | Antenatal preparation and different types of classes available |

No booking is necessary. Please note that the group get togethers are roughly 4 weeks apart. The open forum provides the group an opportunity to discuss any topic and a guest speaker may be invited. The group currently is held at Jane's place (27 Hart Street, Dundas Valley) 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. Please bring a plate of food to share (anything you can manage). As always, mums, dads, friends and kids are all welcome! See you there!

Love *Jane, Robyn, Melanie, Hannah, Emma and Heather*

In collaboration with:



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MIDWIFERY SERVICES

THE ELLA MAY CENTRE