

# Birth and Beyond Course

**Our antenatal course Birth and Beyond is especially designed to support soon-to-be parents.**

## What does it cover?

Delivered by one of our highly experienced Midwife Educators, this full day 'crash course' provides a comprehensive overview of pregnancy, birth and parenting.

## Topics include:

- Final weeks of pregnancy
- Physical/emotional changes during pregnancy and birth
- How to prepare your mind and body
- Three stages of labour
- When to come to hospital or call your care giver
- How to help yourself during labour
- Support partner's roles
- Role of health professionals
- Breathing, massage and relaxation
- Pain relief - natural and medical
- Unforeseen/unexpected challenges
- Birthing suite tour
- Caesarean and Vaginal Birth After Caesarean
- Your hospital stay
- Early weeks as a parent
- Breastfeeding
- Relationship changes, expectations and coping strategies

- Special care nursery and support
- Baby behaviour and characteristics
- Sleep and settling techniques
- Family safety
- Postnatal depression
- SIDS
- Support networks and community resources

## When to book?

The full day course is recommended to be attended from 30 weeks of pregnancy.

Please note it is one ticket per couple

The course is restricted to parents birthing at Gosford Private Hospital only.

For more information or enquiries, please contact Gosford Private Maternity Services Monday to Friday between 8am - 4pm via Ph: 4304 3260

To book please visit:

[gosfordprivatematernity.com.au/education-and-courses/childbirth-and-parenting](https://www.gosfordprivatematernity.com.au/education-and-courses/childbirth-and-parenting)

**Gosford Private**  
**Maternity Services**

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