

Prue Hartley is a midwife/consultant who has over 10 years clinical experience. She completed her midwifery degree at the Australian Catholic University in 2006, and then worked at the Royal Women's Hospital, Epworth Hospital, Freemasons Hospital, St Vincent's Hospital and Frances Perry House and in private obstetric practices

Prue's work in hospitals with women during birth and in the postnatal period fuelled her passion for antenatal education, specialising in preparing women for motherhood and helping parents to become families. She aims to provide pregnant women with high level consistent and evidenced based information focussing on the physical and emotional side of your pregnancy.

These are unique educational workshops promote active birth, invaluable advice for safe sleeping and settling, breastfeeding and support for those experiencing a caesarean birth. The workshops are informative, interactive and fun.

For more information or bookings

P: 0402 204 461

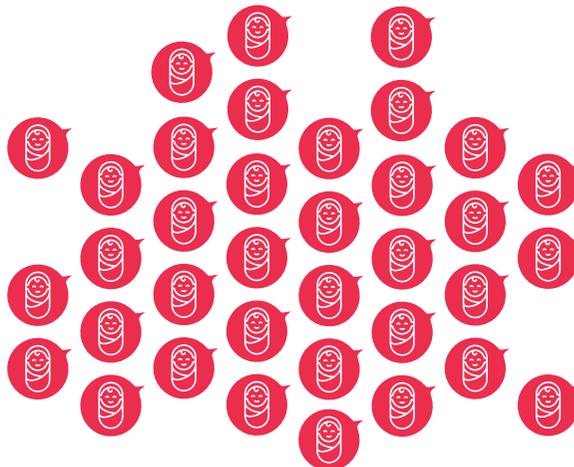
E: prue@thebabyrap.com.au



Workshops, postnatal consults, and practical tips for parents, expecting parents and pregnant women.



Active birth
Safety, sleep & settling
My caesarean birth
Breastfeeding



...from birthing to burping

Active birth

This workshop provides the perfect foundation and essential information in preparing you for your birth.

Topics covered:

- Stages of labour and when to contact the hospital birth suite
- Spontaneous labour
- Process of induction
- Vaginal birth: normal vaginal delivery and assisted delivery (vacuum and forceps)
- Caesarean section
- Options for pain relief

As part of the class, Fitwise Physiotherapy will conduct a practical birth skills session including instruction on:

- Relaxation and breathing awareness
- Birth ball positions
- MassageTENS demonstration
- Effective pushing techniques
- Pelvic floor and postnatal recovery

Time: 5.45pm – 9pm

Cost: \$350

(Private health rebate may apply)

The Baby Rap workshops are small group and one-on-one classes. They are friendly, informative and specifically written to cover current birthing and care practices and answer your questions and concerns.

Delivered by Prue, an experienced midwife, consultant and mother, the workshops will give you the confidence and knowledge to care for your baby and yourself... from birthing to burping.

For more information or bookings

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Safety, sleep & settling

Ensuring your baby is settled and receives the best sleep is the foundation to having a healthy baby and mother. This workshop provides you with the skills, techniques and tips so you can confidently safely sleep and settle your baby. It will work wonders!

Topics covered:

- Infant CPR and first aid
- SIDS prevention
- Adjusting to life as a parent
- Understanding the why and the how to help your child sleep better
- Baby sleep patterns
- Foundations for healthy sleep
- Optimising the sleep environment
- Settling techniques
- How to swaddle safely
- Presented by Prue Hartley in conjunction with Kate Johnson from Babysomnia.

Time: 5.45pm – 9pm

Cost: \$300

My caesarean birth

This private, one-on-one informative workshop will provide up-to-date information, answer questions and provide sensible guidelines on how best to plan and prepare for your caesarean birth.

Topics covered:

- What to bring to hospital
- Signs of labour & what to do (planned or emergency)
- Preparation for caesarean section and what to expect
- Risks involved with abdominal surgery
- Partner support during caesarean section
- Skin to skin and when to start breastfeeding
- Having a caesarean section with an epidural or combined epidural and spinal anaesthetic
- Immediate post birth care and pain management
- Non separation in recovery
- Common post caesarean recovery questions

Time: 1 hour

Cost: \$150 per couple

(Private health rebate may apply)

Breastfeeding: learning the art of infant massage

Our workshop aims to provide expectant parents with the knowledge and confidence to successfully breastfeed, covering everything from the anatomy and physiology of feeding to preparing for going back to work.

Topics covered:

- Why breastfeeding?
- Benefits for mums and babies
- Antenatal expressing
- The impact of labour/birth interventions
- Skin-to-skin time and the first breastfeed
- Early days and colostrum
- "Milk coming in"
- Attachment ("latch") and positioning
- How to tell if baby is getting enough milk
- Conflicting advice from health professionals
- Common problems and how to tackle them
- Cracked/damaged/painful nipples
- Tongue tie
- Breast engorgement/mastitis/thrush
- Bottles, dummies and nipple confusion
- The "fourth trimester" and normal newborn behaviours
- Going back to work and breastfeeding
- Expressing/pumping/bottle feeding including sterilising and preparing formula

When: From 26 weeks

Time: Saturday 9.15am – 12.30pm

Cost: \$300 per couple

(Private health rebate may apply)

