**‘Beyond Birth’**

**Information to be included on promotional brochure**

***Week 1***​

GP Dr Kirsten Patterson will share information for Mum’s own health after delivery. Topics include:

* + - Vaccinations in pregnancy​
    - Bleeding, bladder and bowel after delivery​
    - Breastfeeding, engorgement and mastitis​
    - Bottle feeding​
    - Post-natal anxiety & depression​
    - Intimacy and contraception​

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***Week 2​***

Session 1 – Clinical Psychologist ​Dr Kellee Poulsen will discuss changes in relationships as couples becomes parents, gender roles in parenting and post-natal depression​.

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Session 2 – Physiotherapist Jenna Kennedy will present advice for Mums regarding exercise during and after pregnancy, looking after the pelvic floor during and after pregnancy, and abdominal muscle separation management. She will also provide advice for promoting babies’ neck strength and minimising the risk of flat spots on the head and encouraging gross motor skills in the first 6 months​

***Week 3​***

Session 1 – Dietician Liz Forsyth provides advice for Mums regarding healthy eating during pregnancy and lactation, normal weight gain during pregnancy and realistic weight loss after. She will also discuss the evidence regarding breastfeeding VS bottle-feeding, normal infant weight gain and introducing solids (including those with potential for allergy)​.

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Session 2 – Paediatric Speech Pathologist Jane Daniel will share information about latching and breast-feeding troubles & tongue tie, advice about dummies and finger-sucking, introducing solids & feeding (including ‘pouch’ food), encouraging language development and current evidence about electronic devices impacting language development​.

***Week 4​***

GP Dr Kirsten Patterson will share advice about your babies’ health in the first 6 months, including:

* Skin of newborns​
* Sleeping​
* Crying
* Immunisations​
* Fever and infections​
* Diarrhoea and constipation​
* Teething​
* Understanding a baby’s signals

***Week 5​***

Session 1 – Clinical Psychologist Dr Kellee Poulsen will share information about bonding & attachment with your baby, how to promote their social & emotional development and how to manage separation anxiety. She will also discuss positive parenting approaches.

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***Week 6​***

Session 1 – Secret Men’s Business – a men-only session (including beer!) with a new father for frank discussion about the road ahead. Mums will do a shopping excursion with the GP & Dietician to Coles to look at baby products and food – the good and the bad!​

Session 2 - Program review, reflection and evaluation and future session planning when baby is 6 months​ of age.