



Transition into Parenthood: Birthing and Baby Care Courses

Pregnant couples are attracted to Julie's courses for her advanced knowledge of Active Birth and her warm, friendly, gentle, easy-going approach.

Julie's style of presenting the information is down-to-earth, balanced, rational, logical, positive and encouraging approach.

There is also the benefit of attendees being able to contact Julie directly anytime to discuss options, solutions to problems, and get a better perspective on situations.

All attendees have become familiar with Julie's insights and they know they can talk with her in confidence, they can trust her, they've gotten to know her, they know she's a great listener, she understands where they are coming from and their individual needs.



In Transition into Parenthood course

Pregnant Couples will Learn:



Transition into Parenthood covers the labour and birth, active birth positioning, and includes a special focus on “comfort measures” and techniques for keeping birth normal and minimising the use of medical intervention when appropriate. Here are some questions Julie will answer during the interactive sessions:

- How to respond to the physical and emotional changes that occur during pregnancy? Partners appreciate more after these sessions
- What to do if I go overdue? Breech? Need induction? C. Section?
- How does the baby grow and change before being born?
- Steps to take if my waters break/membranes rupture?
- How can I minimise complications, health risks and discomforts throughout the pregnancy?
- How can partners prepare for their role during the labour and birth? Julie role models sensitivity and respect for all.
- How will I know when my labour begins and what to do?
- What types of self-help coping techniques can I use to keep birth normal and avoid unnecessary interventions?
- Clever tricks to gently accelerate a slow long labour
- What facilities are available and what options should I consider when making choices?
- How can I prepare siblings for the arrival of a new family member?

- What do I need to do to care for my newborn baby in the first 12 weeks? Includes self-care and self-nurturing.
- What are the most up-to-date ideas for including partners in caring for and bonding with our new baby?
- Smart buying tips for baby goods, services, and products
- How can I nurture myself and my baby during pregnancy?
- How to strengthen your loving relationship as your family grows



The Courses are Especially Designed For:

- pregnant couples expecting their first baby who want to feel ready, prepared and organised
- those who describe themselves as completely clueless and who need a gentle, kind, calm mentor to guide them easily and simply
- those who had a premmie baby before and missed out on the chance to prepare previously
- those who are motivated and have already read lots but want to be able to ask questions, fill in more gaps to their knowledge and gain better clarity of the details
- those who have already been along to Julie's courses previously, loved it and want to soak up all the positivity in readiness for their next awesome experience. They are excited to return to receive the input of encouragement, enthusiasm, passion and inspiration as their family grows.

What are our choices for attendance at the Transition into Parenthood course?

2 x Saturday: Condensed course 9am to 4.30pm (or)

2 x Sunday: Condensed course 9am to 4.30pm (or)

1 x Saturday: Super Condensed 9am to 4.30pm (or)

1 x Sunday: Super Condensed course 9am to 4.30pm (or)

1 x Weekday Super Condensed course workshop 9am to 4.30pm

1 day Baby Care info for caesarean (planned) 9am to 4.30pm (or)

½ day Baby care info for caesarean (planned) 9am to 4.30pm (or)

6 x Evening course: one evening per week 7pm



The Condensed Two-Session TiP Transition into Parenthood Course –

this is the most popular option on Saturdays or Sundays

This excellent "birth and baby care" course is designed for those having their first baby or a subsequent baby. The size of the groups is small to allow for interaction and personalised attention. Julie ensures you are comfortable, feel listened to, respected, included and valued as a group member.

Julie covers many of the aspects that midwives in delivery suites and birth centres would like couples to be aware of, though they often don't have the time or the resources to convey.

The feedback Julie receives from midwives working in hospitals is that they can really see a difference in the couples who come along to these courses, they are confident, they understand, they work as a team, they are easy and comfortable to work with and mostly have very positive birth outcomes.



Julie enables couples to work in a positive way, as a team with staff in hospitals, by becoming informed of the facilities, as well as their rights and responsibilities during their usually fairly short stay in hospital.

Julie is a highly skilled childbirth educator and in a positive, reassuring, fun and inspiring way she is able to deliver the following topics to you in a way that is both interesting and effective, so when the time comes you feel well prepared and more confident.

What's covered in the 2 days?

Session #1: Jam packed with lots of practical pregnancy, labour, active birth options. How to recognise labour, what to do in response, great tips for partners to be supportive and helpful, comfort measures to use during labour, partner's role and what to expect, women's self-help strategies for labour, how to best use hospital facilities, breathing for labour, effective positions for the woman to use to keep labour normal, techniques for massage, all the right acupressure points to use to overcome issues such as slow labour, ideas to try in a variety of challenging situations in labour, medical interventions and drugs: being informed, Knowing the healthiest and safest pathway through labour, Department of Health charter for health consumers, guidance for birth options and choices, the first hours after the birth, mum-dad-baby bonding and the early breastfeeding experience. Waterbirth benefits – Waterbirth is normal in ALL Public Hospitals in NSW as of 2010.

Session #2: Everyone (mums and dads-to-be) love this session as well! It contains lots of practicalities of parenting. Our focus is on looking after a little newborn baby during the first 12 weeks in a very positive way. How to avoid Colic. Being able to read the baby's body language and their variety of cry "signals" helps parents-to-be feel they can trust their intuition and look forward to getting to know their baby. The newborn period in the first 12 weeks at home with a new baby, how to wrap, feed, deal with crying, sleep and settling, involving both mothers



and fathers equally. What to expect after baby is born, breastfeeding, safe sleeping, nappy changing, settling, bathing, needs of mother and baby, what to buy for baby, the first 12 weeks as a family, parenting resources and where to get help, reasons babies cry and how to calm and comfort babies with the right

handling. When to take baby to the Doctor.

These 2 sessions helps couples feel much more organised and prepared for becoming parents. Includes clear thorough notes to take home and keep for future reference.

This 2-day version most is the most popular.

TiP Childbirth and Parenting (1 fast day) One-day Super Condensed Sunday Workshop



Sunday from 9am to 4:30pm

This course covers
"everything possible to cover" in just one day and is very popular.

This super condensed version of the 6 week course is a very quick and easy convenient course

as it only involves attendance for one day, starting at 9am and finishing at 4.30pm. See page 6 or 13 of this document for the list of topics covered.

It is the most time efficient course available anywhere, covering: Pregnancy, Labour and Birth in the morning, and then Baby care and Parenting during the newborn period, the first twelve weeks, covered very thoroughly in the afternoon.



Brilliantly designed for shift workers, very busy couples, particularly those who are very busy and can't spare much time at a course.

Pregnant couples coming from a distance – Newcastle, Wollongong, Nepean regions, who desire an early morning drive.

This course is also terrific for couples who are wanting to **refresh** their knowledge, having already had a baby, and now needing to prepare for their second, third, fourth or subsequent baby.

Course materials made freely available as part of the super-condensed package, as well as unlimited variety of teas and coffees, delicious snacks and full comprehensive course notes.



Places are limited and Julie normally only runs this one day super condensed course once a month or once every two months, so if it's what you're after be sure to book in as quickly as you can to secure your position. There are limited places in each course.

Julie is unique in her style and approach, these courses are totally different to any other antenatal courses for pregnant couples, they are refreshingly rich with smart strategies for overcoming difficulties in labour, informative, reassuring, fully inclusive of partners, inspiring, fascinating and empowering.

A **point of difference** between these courses for pregnant couples and all the other prenatal classes is the real connection Julie creates with each person, in her gentle, **respectful** way she is able to pull back the curtain of fear, discomfort, awkwardness to reveal a refreshingly, **uplifting**, wholesome, fascinating, awe-inspiring, **logical**, well-rounded, holistic, explanation of the whole journey of birth.



Is the atmosphere at this studio comfortable?

Yes, absolutely, relaxed and easy going with lots of cushion comfort, calm, quiet, peaceful, with air-con, and Julie caters to your every whim.



Another point of difference between these antenatal courses and any other courses is attendees freely and happily kick off their shoes at the door, enter a relaxed loungeroom style class room, to chill out in air-con comfort, eat, drink and be merry all day long without having to wait for breaks.

This is *so not school* in fact it's quite the opposite – this is adult education and you are free to look after your own needs easily and comfortably all day; grab another cold organic juice, hot cuppa anytime you feel like it, or a chilled organic juice, dip into the huge bowl of Minties, enjoy another Tim Tam whenever you want.



Julie is a fully trained facilitator, childbirth and parenting educator and a Mindful Hypnobirth specialist, with **over 30 years' experience**, conducting courses in Sylvania, near Cronulla, only 20 mins south of Sydney Airport.



Benefits you will gain from attending the Transition into Parenthood: Birth and Baby Preparation course:

- Provides good clear information about what, why, where, when and how of labour and birth
- Enhances your understanding of what self-help measures a woman can do in labour to make it quicker, more comfortable and easier
- Explains the partners role including support skills: massage, and loads of other ideas that ALL women wish their partner had a handle on prior to going to the hospital
- This course also provides an explanation of what expectations to have of the staff whether midwives, obstetricians, other doctors and staff
- How to work with the staff, how to communicate, being a team player and also an great advocate for the pregnant woman
- Provides solutions to common problems which may occur during labour and how to side step or overcome the issues with ease
- Replaces all hospital classes with more extensive content and detail - see table on the website for explanation

- Covers all the factual details to prepare pregnant women and their partner for the normal course a labour and birth experience normally takes - very different to Hollywood movie scenes
 - How to identify the phases of labour; pre or true labour. How to know if the waters have broken. How to identify the correct time to go to hospital, making the journey more comfortable, settling in and making use of the hospital facilities,
 - What happens step by step after the birth, what is normal for mum and bub and what to expect for the remainder of your hospital stay
 - Coming home; ideas tips tricks on dealing with lots of small or large issues which typically trip people up whether it's their first or subsequent baby
 - The first 12 weeks; the early patch of time with a newborn baby, breastfeeding, sleep, settling, calming, crying, nappies, bathing, what's normal, what's not normal and what to do about it.
 - Identifying issues and situations not covered in typical baby care books, or general courses and not general common sense knowledge. Highlighting enjoyment and making life happier, easier and fulfilling with a young bub - through to five years.
 - Signposting where to get help, current best resources for new parents to turn to, how to minimise or overcome challenges, difficulties to instead shine bright and thrive in new parenting and have a sense of control and routine for wellbeing
-





Your confidence will grow with knowledge. Ignorance is not bliss.

These courses will help you get rid of anxiety, fear, self-doubt and any unnecessary worry.

You will feel relieved, informed, empowered and prepared.

Benefits You and your Partner Will Gain from attending Both of the Courses with Julie during your mid-late pregnancy:

- Julie ensures each of her courses are wholesome, enriching, supportive, positive, and potentially increases the well-being of each participant
- Julie shares unique details in each course without doubling up or repeating or cross over of information - don't hesitate to book both, look forward to gaining wisdom
- You will gain a lot of useful, practical knowledge quickly and easily in a comfortable lounge environment, without any stress, pressure, or embarrassment
- Couples achieve a strong sense of becoming a more effective team in readiness for working together throughout birth and beyond into raising children as loving effective parents
- To positively enhance the increased communication and connection which naturally occurs during pregnancy, for each pregnant couple, to reduce the risk of family breakdown later
- To assist each mum and dad-to-be to thrive in their respective roles, to increase understanding, respect, togetherness, relationship bond and closeness so vital to begin parenthood
- These courses tend to automatically reduce anxiety and depression during your pregnancy which may possibly reduce post-partum depression risk as well

Transition into Parenthood - 6 Evening Course Structure

Expectant couples who want a weekly course with a nice steady pace they can take their time to reflect on each week together. The 6 week format suits couples who work weekends.

Session One

Julie takes the group through an interesting overview of pregnancy, labour, birth, and newborn care, highlighting some of the important areas that are yet to be covered. Fears, anxieties and loneliness become a thing of the past by the end of week one and we have fun! Not to be missed!

Session Two

Covers birth options and choices, what medical interventions and medications are available, how they might be used or offered, the advantages and disadvantages, what your rights and responsibilities are and what the Department of Health recommends. Guidance on how to minimise the use of some medical interventions. Concerns are allayed on this evening, and then put to one side, to focus on what is normal.

Session Three

Labour and active birth options. How to recognise labour, what to do in response, great tips for partners to be supportive and helpful, comfort measures to use during labour, partner's role and what to expect, women's self-help strategies for labour, how to best use hospital facilities, breathing for labour, effective positions for the woman to use to keep labour normal, techniques for massage, acupuncture points. In short this is a magic night! Covers a variety of interesting scenarios of late pregnancy, labour and birthing, overcoming challenges with ease.

Session Four

Positions effective for the final stage of labour, pushing, maintaining an intact perineum, and a thorough overview of what to expect in the first few minutes and first hours after the birth, mum-dad-baby bonding and the early breastfeeding experience. Many important points to boost your confidence and reduce anxiety.

Session Five

Looking after a little newborn baby during the first 3 months in a very positive way. Being able to read the baby's body language and their variety of cry "signals" helps parents-to-be feel they can trust their intuition and look forward to getting to know their baby. How to swaddle/wrap, breastfeed, deal with crying, sleep and settling, involving both mothers and fathers. Breastfeeding, expressing, storing, thawing breast milk. What to expect during the first weeks, what's normal, what's not. Understanding the newborn in the first few days. A wide variety of important points will be explained, especially solutions to problems. All your questions will be answered.

Session Six

These sessions on parenting makes a world of difference to reducing worries and concerns of new parents in the first days, weeks and months. Safe sleeping, settling, bathing, needs of mother and baby, what to buy for baby, parenting resources and where to get help, more about the reasons babies cry and comforting measures. This session helps couples become even more prepared for becoming parents. During the evening sessions, Julie is able to show and explain fascinating and significant concepts in more detail than is possible in the weekend condensed courses. Julie enjoys facilitating the evening courses for many reasons: they are more in depth and interesting, couples seem to gain so much more, each group generally forms new friendships which Julie enables to grow into mothers groups of mutual support for each new family.



Refresher Information

Already experienced but want to update, refresh, start over anew and receive meaningful nurturing information during your pregnancy?

Your needs will probably differ a little from those having their first baby and may find a fast refresh is ideal to help them to refocus and prepare for this baby as a couple.

What is the recommended format for a refresher?

Choose from the following options to suit your needs:

Transition into Parenthood – one day super condensed workshop – birth and baby care course in one day – especially if you have already done the full course previously

Transition into Parenthood – two session course – birth and baby care course in 2 days – for those wanting a thorough refresh of information or for mothers with a new partner who has not been a father before

The New Mindful Hypnobirth course – for those who have already completed a previous Breath Awareness birth course with Julie in a previous pregnancy... day two of the new Mindful Hypnobirth course is an ideal way to refresh all the information and practice...

The New Mindful Hypnobirth course – over two days is a terrific way to refresh for those who have had a baby before and would like to gain more techniques for creating a positive birth experience this time



To help you make the right choice to suit your “refresher” requirements check these scenarios below:

We have had a baby before although he was premature and we missed out on going to any classes, so we didn’t really get to prepare at all – which options would be best for us?

Julie recommends the 2 session TiP course and the 2 day Calm Mindful birth course as the ideal preparation for you both this time.

Julie’s courses 2 years ago and loved it. We felt very prepared and want to feel that way again, which are the best and quickest options for us?

Julie recommends the one day TiP birth and baby workshop and day 2 of the Mindful birth course.

Our first child is 5 years old and now we are wanting to prepare anew for this baby, we have noticed lots of things have changed, which options would be best for us?

Julie recommends the 2 session TiP course and the 2 day the new Mindful Hypnobirth course as the ideal preparation for you both this time.

To select day two of the new Mindful Hypnobirth course for those who have already completed the course with a previous pregnancy please

view the list of all the daytime Mindful Hypnobirth courses available during the week to attend.



School mums: the new Mindful Hypnobirth course is available during the weekday during school hours to enable you to attend easily. If you have not done a breath awareness/relaxation birth course before then attendance at both days is the normal course, however if you have done the new Mindful Hypnobirth course with Julie previously you are most welcome to attend just session two as a refresher.

Transition into Parenthood 2019 dates available on the next page.

5 options to select from – 2 days is most popular

- Condensed Course held on either 2 Saturdays or 2 Sundays
- TiP Baby Care only for planned caesarean section
- TiP Baby Care only for planned c.section half day course (3 hours)
- Super Condensed 1 day Workshop
- Condensed course over 1.5 days gives you a sleep in on Sunday morning

Transition into Parenthood Birth and Baby Sat or Sun 9-4.30 2 day course: 2 x Sat or 2 x Sun	TiP Baby Care Only Sat or Sun 9-4.30 Full Day Course for C.Section patients	TiP 1 Sunday Super Condensed 9-4.30 Workshop Course
7 and 14 April (2 Sun)	14 April (Sun)	28 April
20 and 27 April (2 Sat)	27 April (Sun)	19 May
11 and 18 May (2 Sat)	18 May (Sat)	9 June
8 and 15 June (2 Sat)	15 June (Sat)	30 June
6 and 13 July (2 Sat)	13 July (Sat)	7 July
3 and 10 Aug (2 Sat)	10 Aug (Sat)	29 July
31 Aug and 7 Sep (2 Sat)	7 Sep (Sat)	4 Aug
	29 Sep (Sun)	1 Sep
28 Sep and 5 Oct (2 Sat)	5 Oct (Sun)	8 Sep
22 and 29 Sep (2 Sun)	2 Nov (Sat)	27 Oct
20 and 27 Oct (only 1.5 Sun)*	30 Nov (Sat)	3 Nov
26 Oct and 2 Nov (2 Sat)	28 Dec (Sat)	24 Nov
17 and 24 Nov (only 1.5 Sun)*	.5 day Baby Care Course short version 3 hours:1.30-4.30pm 2nd half of the 1 day workshop super cond	4 Dec
23 and 30 Nov (2 Sat)		22 Dec
21 and 28 Dec (2 Sat)		
		<hr/>
		TiP New Weekend course Sat/Sun over 1.5 days (Sat: 9-4.30 Sun: 1.00-4.30pm not Sun Morn)
	28 April	8 and 9 June
	19 May	6 and 7 July
	9 June	3 and 4 Aug
	30 June	31 Aug and 1 Sep
	7 July	26 and 27 Oct
	29 July	20 ad 27 Oct 1.5 Sun*
	4 Aug	17 ad 24 Nov 1.5 Sun*
	1 Sep	23 and 24 Nov
	8 Sep	21 and 22 Dec
	27 Oct	
	3 Nov	
	24 Nov	
	4 Dec	
	22 Dec	

2019 Dates

New Mindful Hypnobirth Courses

MHB 2 day condensed course

2 x Sat Or 2 x Sun

25 May and 1 Jun 2xSat

16 and 23 Jun 2xSun

22 and 29 June 2xSat

14 and 21 July 2xSun

20 and 27 July 2xSat

11 and 18 Aug 2xSun

17 and 24 Aug (2xSat)

8 and 15 Sept (2xSun)

14 and 21 Sep (2xSat)

6 and 13 Oct (2xSun)

12 and 19 Oct (2xSat)

3 and 10 Nov (2xSun)

9 and 16 Nov (2xSat)

1 and 8 Dec (2xSat)

7 and 14 Dec (2xSun)

MHB all in one single w/end

Sat/Sun all day both days 9-4.30pm

4 and 5 May

25 and 26 May

22 and 23 June

20 and 21 July

17 and 18 Aug

14 and 15 Sep

12 and 13 Oct

9 and 10 Nov

7 and 8 Dec

MHB Super condensed course 1 day

(Day 2 of the Mindful Hypnobirth Course)

26 May Sunday

1 June Saturday

23 June Sunday

29 June Saturday

21 July Sunday

27 July Saturday

18 August Sunday

24 August Saturday

15 September Sunday

13 October Sunday

19 October Saturday

10 November Sunday

16 November Saturday

8 December Sunday

14 December Sunday