



SHDH Midwifery offers two series of classes to support you to navigate the ups and downs of pregnancy and set you up for life with a new baby.

Contact Midwifery on 5033 9269 for more information.

Lunchtime sessions (set of 4): 12.15-1pm at Health Promotion (60 McCrae St, Swan Hill). These sessions cover a range of topics including safe food and exercise, nutrition, supplements, breastfeeding, safe furniture, and labour & birth. Facilitated by a midwife they will provide opportunity to ask any questions you have and hear from guest speakers. Four sessions held per month on a Thursday (see 2020 schedule on next page). You are welcome to just come along to these sessions. Find us on Facebook – search “Navigating Pregnancy”

Full day childbirth education class: 9am-4pm at the Community Rehabilitation Centre (corner McCrae and Splatt St, enter from McCrae Street). Focusing on late pregnancy, labour, breastfeeding and early parenting. Your midwife can book you in to attend this class at your Booking In appointment.
Classes held on the third Sunday of each month.

Lunchtime sessions - 2020

Session	Guest presenter	Date
Eating and exercise	Dietetics & Physio	6/2/20
Breastfeeding	Breastfeeding Support Service	13/2/20
Maternal & Child Health	Maternal & Child Health Nurse	20/2/20
Labour and birth	Midwife	27/2/20
Eating and exercise	Dietetics & Physio	5/3/20
Breastfeeding	Breastfeeding Support Service	12/3/20
Maternal & Child Health	Maternal & Child Health Nurse	19/3/20
Labour and birth	Midwife	26/3/20
Eating and exercise	Dietetics & Physio	2/4/20
Breastfeeding	Breastfeeding Support Service	9/4/20
Maternal & Child Health	Maternal & Child Health Nurse	16/4/20
Labour and birth	Midwife	23/4/20
Eating and exercise	Dietetics & Physio	7/5/20
Breastfeeding	Breastfeeding Support Service	14/5/20
Maternal & Child Health	Maternal & Child Health Nurse	21/5/20
Labour and birth	Midwife	28/5/20
Eating and exercise	Dietetics & Physio	4/6/20
Breastfeeding	Breastfeeding Support Service	11/6/20
Maternal & Child Health	Maternal & Child Health Nurse	18/6/20
Labour and birth	Midwife	25/6/20
Eating and exercise	Dietetics & Physio	2/7/20
Breastfeeding	Breastfeeding Support Service	9/7/20
Maternal & Child Health	Maternal & Child Health Nurse	16/7/20
Labour and birth	Midwife	23/7/20
Eating and exercise	Dietetics & Physio	6/8/20
Breastfeeding	Breastfeeding Support Service	13/8/20
Maternal & Child Health	Maternal & Child Health Nurse	20/8/20
Labour and birth	Midwife	27/8/20
Eating and exercise	Dietetics & Physio	3/9/20
Breastfeeding	Breastfeeding Support Service	10/9/20
Maternal & Child Health	Maternal & Child Health Nurse	17/9/20
Labour and birth	Midwife	24/9/20
Eating and exercise	Dietetics & Physio	1/10/20
Breastfeeding	Breastfeeding Support Service	8/10/20
Maternal & Child Health	Maternal & Child Health Nurse	15/10/20
Labour and birth	Midwife	22/10/20
Eating and exercise	Dietetics & Physio	5/11/20
Breastfeeding	Breastfeeding Support Service	12/11/20
Maternal & Child Health	Maternal & Child Health Nurse	19/11/20
Labour and birth	Midwife	26/11/20
Eating and exercise	Dietetics & Physio	3/12/20
Breastfeeding	Breastfeeding Support Service	10/12/20
Maternal & Child Health	Maternal & Child Health Nurse	17/12/20
Labour and birth	Midwife	TBC