



# All About Birth

## Preparation for birth workshops

[home](#)

[workshops](#)

[private sessions](#)

[testimonials](#)

[booking](#)

[contact](#)

Sessions are facilitated by Louise Luscri, a qualified midwife and childbirth educator of many years experience working with pregnant women and their families.



### Our workshops

Louise is passionate about sharing and providing information with expectant parents and she currently facilitates childbirth education programs at The Mater Hospital and Royal North Shore Hospital.

This comprehensive one day program provides non biased information on birth and parenting a newborn baby. This course is ideal for busy people who are having their first baby, or for those who have previously had a baby and would like a refresher program.

The focus of the day is to provide information and discussion on the following:

- **The process of birth, hormonal and physical**
- **When to come to hospital**
- **The role of the support person/s and practical skills for use during labour**
- **Breath awareness, relaxation and massage**
- **Unexpected outcomes**
- **Pain management**
- **What happens in hospital**
- **Caring for a newborn baby's needs**
- **Transition to parenthood**
- **Community resources**

It is ideal to **book** ahead prior to attending the workshop for when you are 28-32 weeks pregnant, but all late bookings are welcome!

This course is held in Cammeray **map** two minutes north of the Harbour Bridge. Morning and afternoon tea is provided. **Cost** is \$180 per couple for one day - This includes all workshop notes and books on preparing for birth.

*It is the best value comprehensive prenatal education in Sydney!*

Health rebates are available from HCF, MBF, NRMA and other funds.

**For more information contact Louise**

**For a registration form click here**

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