

Timetable

Workshops are run as a two hour session designed to be completed after your Fastrak course or after the first week of your midwife led Preparation for Childbirth classes.

Sunday 18th of April 10.00am-12.00pm

Saturday 22nd of May 11.00am-1.00pm

Saturday 19th of June 11.00am-1.00pm

Saturday 17th of July 11.00am-1.00pm

Saturday 14th August 11.00am-1.00pm

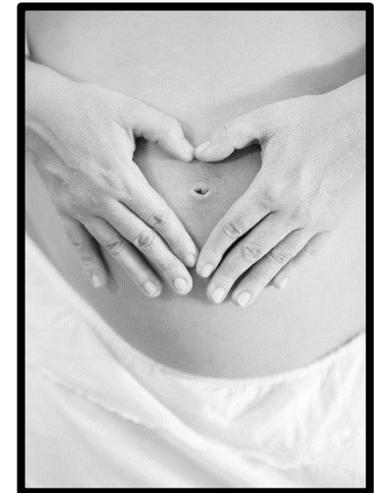
Saturday 11th of September 11.00am-1.00pm

Saturday 23rd of October 11.00am-1.00pm

Saturday 20th of November 11.00am-1.00pm

Saturday 18th of December 11.00am-1.00pm

ACTIVE LABOUR WORKSHOP BROCHURE 2021



Find us in the SJOG Murdoch Medical Clinic

Active Labour Workshop

At Southcare Physiotherapy, we realise that having a vaginal delivery is an important aspect for many women's birth preferences.

If you hope to achieve a vaginal childbirth, preparing for the emotional and physical challenges in labour can be very helpful.

Southcare Physiotherapy offers active labour workshops that specifically focus on preparing you and your support person for labour with practical coping techniques such as:

- Breathing
- Positioning
- Massage
- Relaxation
- Movement

These techniques can be used in conjunction with all pain relief options, including epidurals, or as an adjunct to a natural delivery.

These techniques are generally more effective if practiced in advance, and therefore classes are suitable to start from 30 weeks pregnancy. The information provided is designed to be an addition to the hospital based education (Preparation for Childbirth Class, Fastrak Class, and Refresher Class) for those planning a vaginal delivery.

Important Information for the Active Labour Workshop

This course consists of a two hour workshop on weekends, presented by a physiotherapist and designed for couples planning for a vaginal birth.

Classes are run by continence and women's health physiotherapists who work in the Southcare Physiotherapy clinic and are part of our women's health team.

Please bring two pillows and wear comfortable, stretchy clothing as we will be practicing multiple positions.

Women should be 30 weeks pregnant to attend this session, it is ideal to have completed the first day of your midwife lead class.

You may have an out of pocket charge for these parent education classes as not all health funds cover these costs. Your maximum out of pocket charge will be \$101.00 per couple. Please contact your health fund for further information in relation to your out of pocket expenses.

If you are unable to attend the above dates please speak to our friendly receptionists about booking a one on one session.

Topics Covered in the Active Labour Workshop

- Brief review of anatomy and stages of labour
- Active labour workshop including coping techniques
- Role of the support person in active labour
- MamaTENS unit education (alternative pain management method)
- Pelvic floor muscles and exercise
- Postnatal recovery
- All couples will receive a detailed handout which includes information on all aspects of the workshop

Bookings

Please call Southcare Physiotherapy on (08) 6332 6666 to book your preferred date. Please remember to record the date and time in your diary or in the space provided below. Payment will be processed when you attend your class, and you will receive a receipt.

Your Booking:
