



Midwives @ Sydney & Beyond

Invites you to our pregnancy and parenting network

VENUE:

Emma Fitzpatrick's home
5 Rowland ave Kurmond

Time:

10am -12 noon

FURTHER DETAILS:

Email: mkjackson@live.com.au

Melanie: 0425 280 682

Website: www.ellamaycentre.com

Tuesday	13 th December 2011	Christmas gathering – Celebrating Christmas as a family
Tuesday	14 th February 2012	Labour including pre-labour, long labour, expectations of labour and labour strategies
Tuesday	6 th March 2012	Baby Wearing
Tuesday	3 rd April 2012	Waterbirth
Tuesday	8 th May 2012	Self care during preconception, pregnancy, birth and in early parenting
Tuesday	12 th June 2012	Vaccination
Tuesday	10 th July 2012	Siblings at Birth
Tuesday	14 th August 2012	Open Forum
Tuesday	11 th September 2012	Parenting Styles, nurturing yourself and elimination communication
Tuesday	9 th October 2012	Unexpected outcomes including arming yourself with knowledge, how to be empowered if a transfer is required and making a Birth Plan
Tuesday	13 th November 2012	Guest speakers. For example homeopaths, osteopath, naturopath, chiropractor, massage therapist
Tuesday	4 th December 2012	Antenatal preparation and different types of classes available

Please note that the group get togethers are roughly 4 weeks apart. These get togethers are casual and provide you with opportunity to talk about all sorts of issues in a safe, supportive and relaxing environment.

Please bring a plate of food to share (anything you can manage).

As always, mums, dads, friends and kids are all welcome! See you there!

Love *Jane, Robyn, Melanie, Hannah, Emma and Heather*

In collaboration with:



**New Beginnings
Midwifery Services**



The Ella May Centre