

Hello expecting parents and support partners 😊

Welcome to our Maternity Education Program. This package has been produced for the personal use of patients of Calvary John James Hospital and more broadly for the patients from other Calvary hospitals within Australia. All material remains the property of Calvary John James Hospital and is not for commercial or other use.

This multidisciplinary collaboration includes nutrition, physiotherapy and midwifery components. The resources (videos and accompanying PowerPoint slides as PDFs) are laid out under several tabs:

- Midwifery - Antenatal/Birthing Program
- Midwifery/Physio - Elective Caesarean Section Workshop
- Midwifery - Postnatal + Caring for Baby
- Midwifery - Ward Tour
- Midwifery - External Recourses and Links
- Nutrition - Pregnancy and Postnatal Information
- Physio - Antenatal Education
- Physio - Mini Videos

Please be aware that as with all things related to pregnancy and babies, there can be a lot of seemingly conflicting information and it can be difficult to work out what is right for you. We encourage you to remember that the range of 'normal' is very broad. Some information may be more relevant at different stages (breastfeeding a baby on Day 1 is very different to Day 5). In addition, there may be some useful things that work better for you and your family.

Utilise the tips that are useful for you and gradually build your toolbox of options as you get to know the specific needs of both you and your newborn. The content on any website external to Calvary is kept current by its respective organisation. As always, please refer to the medical advice provided by your medical team. If you have any further questions or queries, please feel free to discuss these with your doctors, the midwives and staff who form part of your care team.

Warm regards,

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