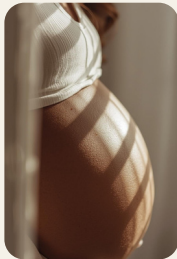


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ANTENATAL & POSTNATAL CARE

THE PREGNANCY JOURNEY WITH ENDORSED MIDWIFE LUCY CARROLL

Designed to complement existing obstetric and allied health care, providing midwifery continuity, education and support throughout pregnancy and into the postnatal period.

24 – 26 weeks

40 minute Midwifery Clinic Appointment or Phone Consultation

- Introduction to midwifery care and how it integrates with obstetric model
- Education on fetal movements, safe sleeping, and vaccinations in pregnancy
- Emotional wellbeing check in
- Guidance on appropriate classes and birth preparation

30 – 34 weeks

Birth Preparation Class Options

For those planning a vaginal birth or still exploring options: “Positive Birth Class”

- Covering labour, birth, decision-making, and partner support
- Private health fund rebates available for group sessions (up to \$400 depending on fund)

For those planning a Caesarean birth: “Caesarean Birth Class”

- Private session or group class
- Covers signs of labour (just in case), admission process, procedure and recovery
- Private health fund rebates available

34 – 36 weeks

Parenting & Feeding Preparation: “Fourth Trimester Class”

- Focusing on antenatal colostrum collecting, newborn care, feeding options, practical parenting – nappy changing, swaddling and early parenting expectations

36 weeks

40 / 90 minute Midwifery Clinic Appointment

- Partially Medicare rebatable
- Antenatal colostrum collecting education
- Breastfeeding preparation and realistic expectations
- Birth class refresher – when to present to hospital, pain relief options, and what to expect

Postnatal – around 2 weeks postpartum

40 / 90 minute Midwifery Clinic Appointment

- Partially Medicare rebatable
- In-clinic appointment including:
 - Feeding assessment and newborn weight check
 - Birth debrief
 - Wound/perineal assessment and recovery support
 - Settling techniques and general newborn care

Ongoing Postnatal Support

- 40 minute phone calls
- 40/90 minutes clinic appointments
- Partially Medicare rebatable

Appointments available Fridays at:

Suite 3a, Level 3, North Shore Private Hospital, St Leonards