

Baby Safe Program- By Dr Rosemarie Boland

The **Baby Safe Program** was developed and is taught by Dr Rosemarie Boland. Dr Rose is a newborn educator, neonatal intensive care nurse and midwife with over 30 years' experience. She specializes in providing first aid training for expectant parents, and parents and families of newborn babies and ex-premature infants.

The **Baby Safe Program** consists of a series of three classes (modules):

- Module 1: Safe Sleeping (recommended from 28 weeks of pregnancy onward)
- Module 2: Recognising and responding to an unwell baby (recommended from 32 weeks)
- Module 3: Baby Basic Life Support (recommended from 34 weeks or after your baby is born)

The program is available in three options from January 2021:

1. Baby Safe Program- Deluxe package (combination of face-to-face, virtual and E-learning)
2. Baby Basic Life Support Small Group (face-to-face)
3. Online (via zoom) live and interactive with Dr Rose Boland

Baby Safe Program: Deluxe package



The **Baby Safe Program Deluxe package** combines hands-on learning in a small group class, virtual learning (live and interactive with Dr Rose) video resources and online learning.

The **Baby Safe Deluxe package** includes:

- Module 1: Safe Sleeping (virtual- live and interactive with Dr Rose)
- Module 2: Recognising and responding to an unwell baby- small group class (face-to-face)
- Module 3: Baby Basic Life Support - hands-on, skills-based class (face-to-face)
- Baby Safe Program video series and online learning platform (One year unlimited access)
- Baby Basic Life Support fridge magnets (Baby CPR and Management of choking)
- Baby Safety Resource pack

Modules 2 and 3 are taught together in a small group class, **limited to 5 couples**. The class is taught at Prahran High School, in High Street, Windsor on weekends.

Cost: \$145 per person

To book: Click the link below and enter the password **babysafe**

<https://www.eventbrite.com.au/e/baby-safe-program-deluxe-package-tickets-131576311289>

Baby Safe Program: Baby Basic Life Support- Small Group class



The **Baby Basic Life Support class** is a hands-on, face-to-face, skills-based class.

The **Baby Basic Life Support class** includes:

- Module 3: Baby Basic Life Support - small group class (face-to-face)
- Baby Basic Life Support fridge magnets (Baby CPR and Management of choking)
- Baby Safety Resource pack

The class is taught in a small group class, **limited to 5-6 couples**. The class is taught at Prahran High School, in High Street, Windsor on weekends.

If you attend this class, we encourage you to complete Modules 1 and or 2 online first (See below)

Cost: \$75 per person

To book: Click the link below and enter the password **babycpr**

<https://www.eventbrite.com.au/e/baby-basic-life-support-small-group-tickets-133558626447>

For any questions about this class, please email enquiries@preciouscare.com.au

Baby Safe Program Online (virtual): Live and interactive

The Baby Safe Program Online is conducted over three sessions, each of 1.5 hours duration. The program modules are:

Module 1: Safe Sleeping to reduce the risk of Sudden Unexpected Death in Infancy & SIDS

Module 2: Recognising and responding to an unwell baby

Module 3: Baby Basic Life Support

Cost: Each module costs \$25 for a couple or \$20 for a single attendee (plus 10% GST)

Bookings: Bookings for all three modules are via Eventbrite. You can book all three modules or any combination that you wish. The links to book are in the images below.

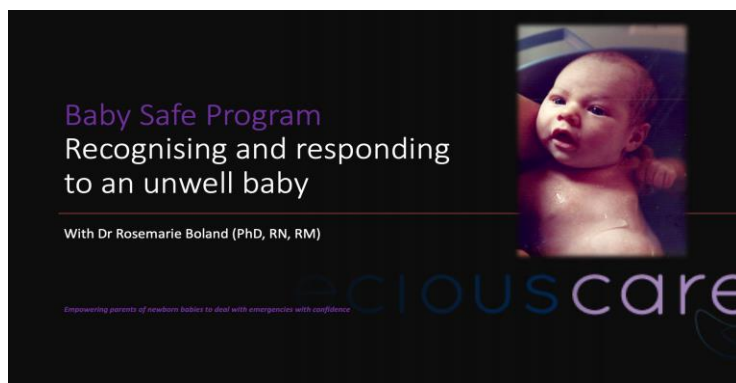
Module 1: Safe Sleeping to reduce the risk of SUDI and SIDS (virtual class)

To book: Click the link below to book the **Safe Sleeping** class. The password is **babysafe**
<https://www.eventbrite.com.au/e/baby-safe-class-safe-sleeping-tickets-101381512834>



Module 2: Recognising and responding to an unwell baby (virtual class)

Click the link below to book the **Recognising and responding to an unwell baby** class:
<https://www.eventbrite.com.au/e/baby-safe-class-recognising-an-unwell-baby-tickets-101446473132> The password is **babysafe**



Module 3: Baby Basic Life Support (virtual class)

Click the link below to book the **Baby Basic Life Support** class. The password is **babysafe**
<https://www.eventbrite.com.au/e/baby-safe-class-baby-basic-life-support-tickets-103779065980>



Baby Safe Program- Video Series



The Baby Safe Program- Video Series consists of four videos:

1. Safe Sleeping
2. Safe Wrapping (swaddling) and use of a safe sleeping bag
3. Baby cardiopulmonary resuscitation (CPR)
4. Management of a choking infant

The video series is complemented with short quizzes for you to check your understanding of each topic, and resources for you to download. You can view the videos at a time that suits you and as many times as you like.

Purchase the video series for \$40 (one-year subscription, with unlimited access)

To order:

<https://preciouscare-baby-first-aid-training.thinkific.com/courses/baby-safe-program>

Baby Safe Program overview:

0-6 month infants

Topics covered in the 3 modules of the Baby Safe program include:

- Safe sleep environment to reduce the risk of Sudden Unexpected Death in Infancy
- Safe wrapping versus safe sleeping bags
- Recognising signs of an unwell baby
- Seeking professional help: who, where and when
- Managing illness in the first few months after birth
- Baby CPR (cardio-pulmonary resuscitation)

- Management of choking (on milk and on food)
- Management of febrile convulsions
- Button battery safety
- Bath and water safety

Bookings:

All bookings and payments are made via the Eventbrite booking site.

Grandparents and other adult family members are welcome to book a position at all Baby Safe Program classes.

Health Fund Rebates:

Regrettably, we are not able to offer Health Fund rebates for this program at this time.

For more information:

Please contact Dr Rosemarie Boland

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Empowering parents of newborn babies to deal with emergencies with confidence