

# Childbirth and Early Parenting Program

Our experience...  
allows you to enjoy yours



## Welcome to the Frances Perry House Child Birth Education Program!

In our experience, early preparation including childbirth education can make a big difference both leading up to, and well beyond your special day. Our program is designed to provide maximum choice in your childbirth and early parenting education. You can choose any combination of classes to suit your individual needs.

Before you book into any classes online, please ensure you meet the following criteria:

1. You are booked in to have your baby at Frances Perry House.
2. You have completed your online Maternity Admission Paperwork via the MyCare portal.
3. You are at least 28 weeks pregnant at the time of the class.

This is the time at which you will get the most out of our program. New class times become available in the first week of each month, so we ask that you do not book too early to keep slots available for patients who are due sooner.

For first time parents we offer you a CORE program. This consists of one session of each of the following three topics:

- Postnatal & Early Parenting
- Labour & Birth
- Breastfeeding

It is recommended that you participate in all three classes, but this is not compulsory. Please be mindful that these classes only provide an overview and as every experience is different, will not cover every aspect of your pregnancy and birth.

To support you during the COVID-19 Pandemic, we now offer all childbirth education classes virtually. You will meet the educator and class participants from the safety of your home and within the secure platform. This means that your personal health information will remain private.

The classes are a flexible approach to gaining education and information to help you and your family prepare for your maternity hospital care and future parenting.

For an overview of each class, please visit the Childbirth Education page on the Frances Perry House website:  
<https://www.francesperryhouse.com.au/Maternity-Education-and-Tours/Childbirth-and-Early-Parenting-Program>

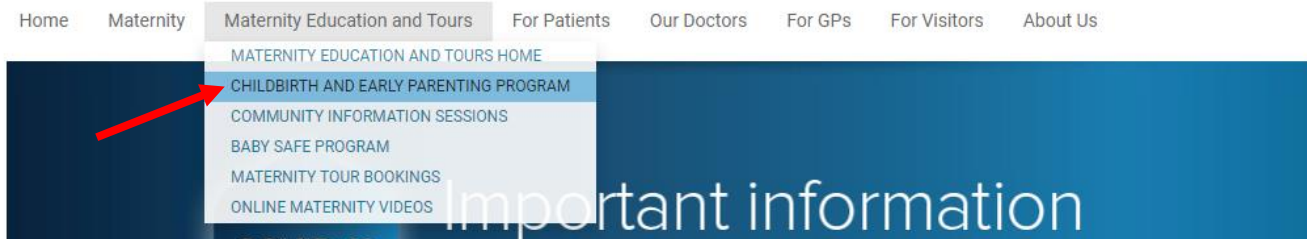
**Please note:** the Postpartum Session “Parenting the Newborn” that runs on Thursday evenings is for AFTER you have delivered your baby. We recommend booking in 4-6 weeks after discharging from hospital.

To book online, please follow the detailed instructions below. We understand that our bookings system is a little outdated, so read carefully and ensure you get all the way to the calendar view before booking in. If you still have any issues or questions you can email us at [ChildbirthER.FRP@ramsayhealth.com.au](mailto:ChildbirthER.FRP@ramsayhealth.com.au). See you on Zoom!

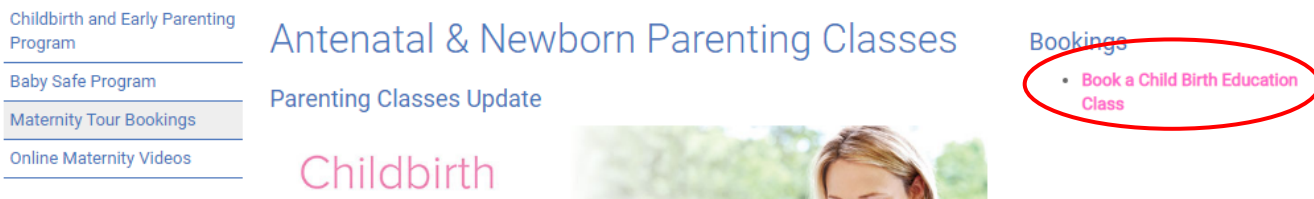
# How to Book Classes Online – please read carefully

1 Visit our website at <https://www.francesperryhouse.com.au>

2 Hover over the Maternity Education and Tours tab, then select **CHILDBRITH AND EARLY PARENTING PROGRAM**



3 Click on the pink Book a Child Birth Education Class link on the right hand side of the page



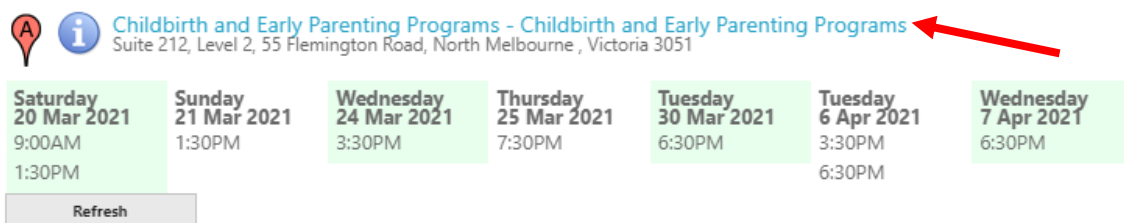
You will be redirected to GoBookings, most likely on a new tab in your internet browser. Ignore the search bar!

4 Next click on the blue Childbirth and Early Parenting Programs link on the left hand side of the page.



Scroll down. This will reveal the next fortnight of classes in a grid at the bottom of the page. You can see the times and dates but it is not clear which class is which! There is one more step to get to the monthly calendar view.

5 Click on the blue text Childbirth and Early Parenting Programs



This will take you to the calendar view below where you can select the month you want to look at.

6 Select the date to bring up all available class spaces below. If nothing comes up, there are either no classes available that day or the class is fully booked. You can cross-reference with the schedule provided.

## Childbirth and Early Parenting Programs

Suite 212, Level 2, 55 Flemington Road, North Melbourne, Victoria 3051

Frances Perry House  
Level 6 & 7  
Cnr Flemington Road and Grattan Street  
Parkville Vic 3052

Po Box 671, Carlton Sth, Vic 3053  
Telephone: 03 9344 5000  
Facsimile: 03 9344 5055

Child Birth Education Classroom  
Suite 212, Level 2  
55 Flemington Road  
North Melbourne Vic 3051

**Please note:** April classes are all running virtually via Zoom. This decision was made by our executive to keep our staff and patients safe. Given this, all classes for April will be free of charge.

Tuesday, 6 April 2021

3:30pm Breastfeeding Class - Via Zoom (Cost: free) Afternoon Session

Su	Mo	Tu	We	Th	Fr	Sa
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8

White indicates available classes, brown/yellow indicates no classes or classes are fully booked.