

MEDIA RELEASE

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Western Health & Tweddle team up for parents in the west

For the first time in 21 years, parents of the 4,400 babies born every year at Sunshine hospital have the opportunity to get the low down on pregnancy, birth and parenting at an Early Parenting Centre.

Western Health and Tweddle Child + Family Health Service have joined forces to create a team that has the expertise to prepare parents for the journey towards parenthood. The collaboration between the third largest maternity hospital in Victoria and Tweddle's 90 years of parenting research will be of great benefit to parents in the west.

"Tweddle and Western Health have a fantastic common purpose and vision to bring child birth preparation into the community" said Yasna Blandin de Chalain, Clinical Midwife Consultant at Western Health.

Di Halloran Director Nursing at Tweddle agrees - "Conducting childbirth preparation in a community setting where expectant parents are surrounded by parents makes sense—you get more of a feel about what it's like to be a parent. Families often feel more comfortable and important connections can begin to be created"

The first series of classes, four Tuesday evenings or one Saturday day program, booked out quickly. The opportunity to take part in classes in an environment purposely geared towards parents learning about parenting, has been well received.

So far, forty families have booked into the classes. Themes will incorporate pregnancy, the birth, self care, feeding your baby, preparing to come home and early parenting.

Sessions are run by an expert team of educators. Both the Tuesday and Saturday groups will also set a date for parents to catch up a month or two after their babies are born to keep in touch and swap notes.

"We're really excited about the Western Health and Tweddle partnership and this collaborative approach to childbirth preparation and parenting" commented Di Halloran.

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