



Catholic Social Services

BIRTH SUPPORT GROUP

PREGNANCY AND PARENTING PROGRAMME

2020

Coordinator: Heather-Louise McMonigle

Plunket Childbirth Educator: Tracy Finnie

Meetings are held at Catholic Social Services

42 Mac Andrew Road South Dunedin.

Meetings: Tuesdays 11.00am – 2.00pm,

unless otherwise stated in the programme.

Lunch Provided



If you are interested in attending Birth Support Group, please contact Heather who will arrange to meet with you to explain the programme and show you around the Agency. You are welcome to bring a support person with you to this meeting. Heather will then arrange for you to attend a group meeting so that you can check it out for yourself and decide Birth Support Group is the Antenatal programme that is going to best suit your needs.

The programme includes pregnancy and parenting education as well as visits to and visitors from Local Community Support Agencies

For further information, to make a referral, or for additional copies of the Group Programme:

Ph: 455 3838 or Cell: 0272118046

Email: heather@cathsocialservices.org.nz



Catholic Social Services 2020 Antenatal Programme

Meetings 11:00am – 2:00pm

2020 Tuesday	Morning 11am-12:30pm	Afternoon 1-2pm
28 Jan	<p>We welcome back returning & new members. Let's catch up & hear how your pregnancy is going, the ups & downs</p> <p>Be good to your baby before birth. Healthy / safe food and exercise. Effects of smoking / alcohol / drugs on your unborn baby.</p>	<p>1:00pm Katy – Maternal Well-being - Plunket 1:30pm Amy – To tell us her story of being a young mum.</p>
4 Feb	No Group Today. Waitangi Day break Enjoy a SLEEP IN!	
11 Feb	<p>Pregnancy discomforts. Things that may bother you and what you can do. Pregnancy warning signs Your rights and choices</p>	<p>1:00pm -Family Start 1:20pm – Hamish – Best Start Dads 1:40pm – New mum sharing her experience & tips - jess</p>
18 Feb	<p>How will I know I'm in labour? When do I call the Midwife? When do I go to Hospital? What do I need to take into Hospital? Stages of labour Birth DVD Birth Plans</p>	<p>WINZ, Youth Services, MSD and IRD visit. Your benefit and IRD entitlements/queries. Jenni Mattingly, WINZ Chrissy Hollamby Youth Benefits ,Nikki Murray MSD, Cindy IRD</p>
25 Feb	<p>Labour Pains - Self Help Techniques, Coping in Early Labour & Birth Positions</p>	<p>1:00 Let's meet three of the many nurses that provide baby's Well Child Health Checks. Su (Plunket) Ruth (Araiteuru Whare Hauora) Rochelle (Pacific Trust Otago) 1:30 Legal Matters - Savanna / Lawyer Caryl Oconnor from the Community Law Centre. Paternity/Guardianship/Day to Day care/Wills etc. Your queries and questions answered</p>
3 March	<p>Companions Evening #1 7-9pm Bring along the people who will be with you during your Labour and Delivery. We will provide them with information to help you through your Labour and the Birth, and the common challenges of new babies. Includes Birthing and Aroha Atua, Aroha Mai</p>	
10 March	<p>When things are different in labour eg Induction, Caesarean, forceps...</p> <p>Different types of pain relief...gas, epidural...</p>	<p>Breastfeeding With a Hospital Lactation consultant from Queen Mary Maternity Centre Stefanie/Alison & Emma from the Breastroom - Breastfeeding Peer Support to share about Breastfeeding Support in Dunedin</p>
17 March	<p>Looking after yourself as a new mum ☺ Your questions answered such as...when will I have sex again? When will my jeans fit?</p>	<p>We visit Rainbow Pre School at 414 King Edward Street learning about an Early Child Care Centre & about the SPACE Programme With Barbara Samson and Wendy -Ann Jarvis</p>
24 March	No Group Today. Otago Anniversary. Enjoy a SLEEP IN	
31 March	<p>11.00 meet . We will travel & visit Plunket Car Seat Services with Nikita at 18 Lorne St, South Dunedin & learn about car seat safety and tips of purchasing. At 11:45 we visit Pregnancy Help in the Sth City Mall with Chris Otley. Chris will show us baby bassinets for loan and baby clothing starter packs. We will have our lunch with Chris and then at 1:15pm leave to visit Pip @ Supergrans to find out about the support they offer.</p>	
7 April	<p>Parenting – We look at the different types of parents, at how your own experiences may impact on your parenting, how to be the best parent you can ☺</p>	<p>Managing Your Money – we look at our budgets, managing bills, food and meals, saving etc Meal Planning Next Week</p>
14 April	No Group Today. Easter Break. Enjoy a SLEEP IN	
21 April	<p>Cooking: Let's make lunch and dessert to share with our new mums!! We will decide the week before what we will make ☺</p>	<p>Maternal Wellbeing – Katy - from Plunket to talk about keeping yourself well emotionally and steps you can take to prevent Postnatal Depression</p>
27 April	ANZAC day. Enjoy a sleep in.	

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Meetings 11:00am – 2:00pm



2020 Tuesdays	Morning 11am-12:30pm	Afternoon 1-2pm
5 May	Companions Evening #2 7-9pm Bring along the people who will be supporting you throughout pregnancy and when baby is born. We will provide them with information about breastfeeding and how to support you, the changes having a new baby will bring to life and more ☺	
12 May	Characteristics of the Newborn The New baby . What will my Baby look like? What are baby's emotional / physical needs.	1:00 Baby's and Mums Immunisations with Southern District Health Board 's Immunisation Coordinator Helen Turner or Outreach Immunisation Nurse 1:30 What happens in Queen Mary? Wendy Munro Midwifery Educator visits us
19 May	The importance of communicating with your baby. & Recognizing Babies Tired Signs - Settling your baby. The importance of communicating with your baby. DVD	1:00 Baby Clothing & Equipment making up baby's bed, the importance of airing bedding, suitable and unsuitable baby clothing. 1:30 Preventing SUDI & Pepi pods
26 May	Breastfeeding	We visit Rainbow Pre School at 414 King Edward Street learning about an Early Child Care Centre & about the SPACE Programme With Barbara Samson and Wendy -Ann Jarvis
2 June	No Group Today. Queen's Birthday. Enjoy a SLEEP IN	
9 June	How will I know I'm in labour? When do I call the Midwife? When do I go to Hospital? What do I need to take into Hospital? Stages of labour Birth DVD Birth Plans	1:00pm - Family Start 1:20pm – Hamish – Best star for dads 1:40pm – New mum sharing her experience & tips
16 June	Companions Evening #1 7-9pm Bring along the people who will be with you during your Labour and Delivery . We will provide them with information to help you through your Labour and the Birth, and the common challenges of new babies. Includes Birthing DVD and Aroha Atu, Aroha Mai	
23 June	When things are different in labour eg Induction, Caesarean, Vontuse, forceps... Different types of pain relief... gas, epidural...	WINZ, Youth Services, MSD and IRD visit. Your benefit and IRD entitlements/queries. Jenni Mattingly, WINZ Chrissy Hollamby Youth Benefits, Nikki Murray MSD, Cindy IRD
30 June	Be good to your baby before birth. Healthy / safe food and exercise. Effects of smoking / alcohol / drugs on your unborn baby. Looking after yourself as a new mum ☺ Your questions answered	Breastfeeding With a Hospital Lactation consultant from Queen Mary Maternity Centre Stefanie/Alison & Emma from the Breastroom - Breastfeeding Peer Support to share about Breastfeeding Support in Dunedin
7 July	 WINTER CATCH UP – all of this years members come together to reconnect and see how our babies have grown 	
14 July	No Group Today. School Holiday Break. Enjoy a SLEEP IN	
21 July	11.00 meet . We will travel & visit Plunket Car Seat Services with Nikita at 18 Lorne St , South Dn & learn about car seat safety and tips of purchasing. At 11:45 we visit Pregnancy Help in the Sth City Mall with Chris Otley . Chris will show us baby bassinets for loan and baby clothing starter packs. We will have our lunch with Chris and then at 1:15pm leave to visit Pip @ Supergrans to find out about the support they offer.	
28 Jul	Labour Pains - Self Help Techniques, Coping in Early Labour & Birth Positions	1:00 Legal Matters - Savanna / Lawyer Caryl Oconnor from the Community Law Centre. Paternity/Guardianship/Day to Day care/Wills etc. Your queries and questions answered 1:30 Let's meet three of the many nurses that provide baby's Well Child Health Checks . Su (Plunket) Ruth (Araituru Whare Hauora) Rochelle (Pacific Trust Otago)
4 Aug	Stages of labour - Birth DVD - Birth Plans	Jesse – To tell us of her experience of being a young mum ☺

At times there may be last minute changes to the programme

Catholic Social Services ²⁰²⁰ Antenatal Programme

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2020 Tuesdays	Morning 11am-12:30pm	Afternoon 1-2pm
11 Aug	Companions Evening #2 7-9pm Bring along the people who will be supporting you throughout pregnancy and when baby is born. We will provide them with information about breastfeeding and how to support you, the changes having a new baby will bring to life and more ☺	
18 Aug	Normal Pregnancy discomforts. Things that may bother you and what you can do. Pregnancy warning signs Your rights and choices	1:00 Baby's Immunisations with Southern District Health Board's Immunisation Coordinator Helen Turner or Outreach Immunisation Nurse 1:30 Baby Clothing & Equipment making up baby's bed, the importance of airing bedding, suitable and unsuitable baby clothing.
25 Aug	Characteristics of the Newborn The New baby . What will my Baby look like? What are baby's emotional / physical needs.	1:00 What happens in Queen Mary? Wendy Munro Midwifery Educator visits us 1:30 Preventing SUDI & Pepi pods
1 Sept	The importance of communicating with your baby. & Recognizing Babies Tired Signs - Settling your baby. The importance of communicating with your baby. DVD	We visit Rainbow Pre School at 414 King Edward Street learning about an Early Child Care Centre & about the SPACE Programme With Barbara Samson and Wendy -Ann Jarvis
8 Sept	Cooking: Let's make lunch and dessert to share with our new mums!! We will decide the week before what we will make ☺	Maternal Wellbeing – Katy Plunket
15 Sept	Companions Evening #1 7-9pm Bring along the people who will be with you during your Labour and Delivery . We will provide them with information to help you through your Labour and the Birth, and the common challenges of new babies. Includes Birthing DVD and Aroha Atua, Aroha Mai	
29 Sept	No Group Today. School Holiday Break. Enjoy a SLEEP IN	
6 Oct	Parenting – We look at the different types of parents, at how your own experiences may impact on your parenting, how to be the best parent you can ☺	Managing Your Money – we look at our budgets, managing bills, food and meals, saving etc Meal Planning Next Week
13 Oct	How will I know I'm in labour? When do I call the Midwife? When do I go to Hospital? What do I need to take into Hospital? Stages of labour Birth DVD Birth Plans	1:00pm -Family Start 1:20pm – Hamish – Best Start for dads 1:40pm – New mum sharing her experience & tips
20 Oct	Labour Pains - Self Help Techniques, Coping in Early Labour & Birth Positions	Breastfeeding With a Hospital Lactation consultant from Queen Mary Maternity Centre & Breastfeeding Peer Supporters to share about Breastfeeding Support Otago and what they do
27 Oct	No Group Today. Labour Weekend. Enjoy a SLEEP IN	
3 Nov	When things are different in labour eg Induction, Caesarean, Vontuse, forceps... Different types of pain relief... gas, epidural...	WINZ, Youth Services, MSD and IRD visit. Your benefit and IRD entitlements/queries. Jenni Mattingly, WINZ Chrissy Hollamby Youth Benefits, Nikki Murray MSD, Cindy IRD
10 Nov	Normal Pregnancy discomforts. Things that may bother you and what you can do. Pregnancy warning signs Your rights and choices	1:00 Legal Matters - Savanna / Lawyer Caryl Oconnor from the Community Law Centre. Paternity/Guardianship/Day to Day care/Wills etc. Your queries and questions answered 1:30 Let's meet three of the many nurses that provide baby's Well Child Health Checks . Su (Plunket) Ruth(Araiteuru Whare Hauora) Rochelle (Pacific Trust Otago)
17 Nov	Be good to your baby before birth. Healthy / safe food and exercise. Effects of smoking / alcohol / drugs on your unborn baby. Looking after yourself as a new mum ☺	1:00 Preventing SUDI and Pepi pods 1:30pm - Amy – To tell us of her experience of being a young mum ☺ Your questions answered

24 Nov	<p>Companions Evening #2 7-9pm Bring along the people who will be supporting you throughout pregnancy and when baby is born. We will provide them with information about breastfeeding and how to support you, the changes having a new baby will bring to life and more ☺</p>
1 Dec	<p>11.00 meet . We will travel & visit Plunket Car Seat Services with Nikita at 18 Lorne St, South Dn & learn about car seat safety and tips of purchasing. At 11:45 we visit Pregnancy Help in the Sth City Mall with Chris Otley. Chris will show us baby bassinets for loan and baby clothing starter packs. We will have our lunch with Chris and then at 1:15pm leave to visit Pip @ Supergrans to find out about the support they offer.</p>
8 Dec	<p style="text-align: center;">  GROUP BREAK UP This is our last meeting for the year. It is nearly Christmas time!  </p> <p style="text-align: center;">Let's celebrate ☺ Lets decide together nearer the time how we will do this.</p>

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