

**BIRTH SUPPORT GROUP**

**PREGNANCY AND PARENTING PROGRAMME**

**2021**

**Coordinator– Luana Boel**

**Social Worker**

**Plunket Childbirth Educator – Mary Mitchell**

**Meetings are held at Catholic Social Services**

 **42 Macandrew 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: 0273972920**

**Email:** or **Luana@cathsocialservices.org.nz** **or Office@cathsocialservices.org.nz**

**At times there may be unplanned changes to the programme**

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| **Catholic Social Services 2021 Antenatal Programme** **Meetings 11:00am – 2:00pm** |
| **2021****Tuesday** | **Morning 11am-12:30pm** | **Afternoon 1-2pm** |
| 2 Feb | **We welcome back returning & new members.** Let's catch up & hear how your pregnancy is going, the ups & downs**Be good to your baby before birth.** Healthy / safe food and exercise. Effects of smoking / alcohol / drugs on your unborn baby. | **1:00pm Katy – Maternal Well being - Plunket****1:30pm Amy – To tell us her story of being a young mum.** |
| **9 Feb** | **No Group Today. Waitangi Day break Enjoy a SLEEP IN!** |
| 16 Feb | **Pregnancy discomforts**. Things that may bother you and what you can do. **Pregnancy warning signs Your rights and choices** | **1:00pm -Family Start****1:20pm – Hamish – Best Start Dads** |
| 23 Feb | **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 | **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 |
| 02 March | **Labour Pains** - Self Help Techniques, Coping in Early Labour & Birth Positions | **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** |
| **9 March** | **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 |
| 16 March | **When things are different in labour** eg Induction, Caesarean, Vontuse, forceps…**Different types of pain relief…**gas, epidural… | **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  |
| 23 March | **Looking after yourself as a new mum ☺**Your questions answered such as…when will I have sex again? When will my jeans fit? | **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** |
| **24** **March** | **No Group Today. Otago Anniversary. Enjoy a SLEEP IN** |
| 30 March | **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 bassinettes 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. |
| 6 April | **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 etcMeal Planning Next Week |
| **13 April** |  Birth education - Legal advice Community Law |
| 27 April | 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 -** from Plunket to talk about keeping yourself well emotionally and steps you can take to prevent Postnatal Depression |
| **4 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 ☺** |

 **At times there may be last minute changes to the programme**

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| **Catholic Social Services 2020 Antenatal Programme** **Meetings 11:00am – 2:00pm** |
| **2021****Tuesdays** | **Morning 11am-12:30pm** | **Afternoon 1-2pm** |
| 11 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 |
| 18 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** |
| 25 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** |
| **1 June** |  |
| 8 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** |
| **15 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 |
| 22 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 |
| 29 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 |
| **6 July** | **MIDWINTER CATCH UP – all of this years members come together to** **reconnect and see how our babies have grown** |
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| **13 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 bassinettes 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. |
| 20 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 ( Araiteuru Whare Hauora) Rochelle (Pacific Trust Otago) |
| 27 July | **Stages of labour -** Birth DVD - Birth Plans | ☺  |
| **3 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 ☺** |
| 10 Aug | **Normal Pregnancy discomforts**. Things that may bother you and what you can do. **Pregnancy warning signs Your rights and choices** | 1:30 **Baby Clothing & Equipment** making up baby's bed, the importance of airing bedding, suitable and unsuitable baby clothing. |

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| **Catholic Social Services 2020 Antenatal Programme** **Meetings 11:00am – 2:00pm** |
| **2021****Tuesdays** | **Morning 11am-12:30pm** | **Afternoon 1-2pm** |
| 17 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 us1:30 **Preventing SUDI & Pepi pods** |
| 24 Aug | **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** |
| 31 Aug | 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** |
| 7 Sept | **Companions Evening #1 7-9pm Bring along the people who will be with you duringyour 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 |
| 21 Sept | **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 etcMeal Planning Next Week |
| 28 Sept | **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****1:40pm – New mum sharing her experience & tips** |
| 5 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 |
| 19 Oct | **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 |
| 26 Oct | **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) |
| 2 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 ☺**Your questions answered  | **1:00 Preventing SUDI and Pepi pods****1:30pm - Amy** – To tell us of her experience of being a young mum ☺ |
| 9 Nov |  **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 ☺** |
| 16 Nov | **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 bassinettes 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. |
| 23 Nov30 Nov7 Dec | **23 Nov Queen Mary wendy munro****GROUP BREAK UP This is our last meeting for the year. It is nearly****Christmas time!****Let’s celebrate ☺ Lets decide together nearer the time how we will do this.** |

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