



## ANTENATAL / POSTNATAL PARENTING CLASSES

SYDNEY PAEDIATRICS OFFERS 2 DIFFERENT PARENTING CLASSES

1. NEWBORNS (0-3 MONTHS)
2. INFANTS (4-12 MONTHS)

A DETAILED COURSE DESCRIPTION IS INCLUDED IN THE FOLLOWING PAGES

THE OVERALL AIM OF EACH COURSE IS TO ENCOURAGE PARENTS TO BE CONFIDENT, RELAXED AND WELL-EDUCATED WHEN IT COMES TO THE HEALTH AND WELLBEING OF THEIR CHILDREN

YOU ARE INVITED TO ATTEND EITHER BEFORE OR AFTER YOUR BABY IS BORN

### COURSE LOCATIONS:

1. HURSTVILLE - HURSTVILLE PRIVATE HOSPITAL  
37 GLOUCESTER RD, HURSTVILLE  
CONFERENCE ROOM - LEVEL 1
2. WOOLLAHRA - OFFICES OF SYDNEY PAEDIATRICS  
123 MANNING RD, WOOLLAHRA

ALL CLASSES RUN FROM 6.30-9 PM, WITH SUPPER PROVIDED 6-6.30 PM

**COST: \$200 / COUPLE** (PLEASE CHECK WITH YOUR FUND REGARDING A REBATE; EVERY FUND AND LEVEL OF COVER OFFERS SOMETHING DIFFERENT; MEDICARE DOES NOT PROVIDE A REBATE)

*WE DON'T EXPECT YOU TO LEAVE YOUR NEWBORN BABY AT HOME - PLEASE FEEL FREE TO BRING THEM ALONG WITH YOU!*

*UNFORTUNATELY WE DO NOT HAVE FACILITIES FOR INFANT / TODDLER CARE*

# SYDNEY PAEDIATRICS

## NEWBORN CLASSES

### DETAILED COURSE PROGRAMME

6-6.30 PM	COURSE REGISTRATION + SUPPER
6.30-7.30 PM	THE SYDNEY PAEDIATRICS APPROACH TO PARENTING COPING WITH INFORMATION OVERLOAD AN EXPERT'S GUIDE TO FEEDING HOW DO I SETTLE MY BABY?
7.30-8.30 PM	EXPERT'S ANSWERS TO THE MOST COMMONLY ASKED QUESTIONS  REFLUX MILK INTOLERANCE FLAT HEADS RECOGNISING A SICK BABY GROWTH  COLIC STOOLING CARING FOR BABY'S SKIN ROUTINE DEVELOPMENT
	AND MANY MORE...!
8.30-9 PM	OPEN SESSION FOR QUESTIONS AND DISCUSSION
9 PM	CLOSE



### The Sydney Paediatrics Approach to Parenting

As paediatric specialists, we have daily contact with both new and experienced parents. There are many approaches to parenting, with influences from family, friends and a multitude of available reading materials. We strongly advocate an intelligent, thoughtful, commonsense, and simple approach to parenting, and will guide class members through the parenting maze.

### Coping with Information Overload

Parenting manuals are everywhere, and certainly play a role in helping parents in the day-to-day care of their children. But how do you know which are the reliable resources? We advise on the best sources of parenting information, and how to approach advice with educated clarity.

### An Expert's Guide to Feeding

Sydney Paediatrics advocates breastfeeding for all babies. However, breastfeeding is not always best for mum, dad, or baby. We provide a realistic guide to the benefits of breastfeeding, and the options available when breastfeeding is simply not working.

### How Do I Settle My Baby?

Why do some babies sleep through at 8 weeks, while others are still waking overnight many months later? Can you influence that pattern? Is a sleeping routine important? There are a multitude of questions about sleep settling. We give you the sensible basic principles to guide you through the sleep process.

### Expert's Answers to the Most Commonly Asked Questions

Where do we start? At the top, of course! A top-to-toe rundown of the most common questions that we are asked about newborns every day.

### Open Session for Questions and Discussion

Your chance to ask our experts all your newborn questions - don't be afraid to speak up! We expect to be inundated with questions, no matter how simple.

**BY THE END OF THE SESSION, WE HOPE YOU WILL LEAVE US WITH A NEW SENSE OF  
CONFIDENCE AND CALM WHEN IT COMES TO LOOKING AFTER YOUR  
NEWBORN, OR BABY TO BE!**

# SYDNEY P AEDIATRICS

## INFANT CLASSES

### DETAILED COURSE PROGRAMME

- 6-6.30 PM COURSE REGISTRATION + SUPPER
- 6.30-7.30 PM PROGRESSING FEEDS - FORMULA + SOLIDS  
IMPORTANCE OF PLAY FOR DEVELOPMENT  
INFANT DEVELOPMENT - WHEN TO WORRY  
IS MY CHILD GROWING APPROPRIATELY?  
ESTABLISHING EARLY PARENTAL BOUNDARIES
- 7.30-8.30 PM TIPS FROM THE EXPERTS
- |                           |               |
|---------------------------|---------------|
| SLEEP SETTLING            | FUSSY FEEDING |
| ALLERGIES                 | REFLUX        |
| COMMON INFECTIONS         | IMMUNISATIONS |
| RECOGNISING A SICK INFANT |               |
- AND MANY MORE...!
- 8.30-9 PM OPEN SESSION FOR QUESTIONS AND DISCUSSION
- 9 PM CLOSE



### Progressing Feeds - Formula and Solids

Many children will be given formula in the first year of life - how do you choose the right one? How do you start solids? And when? 4 months? 6 months? Something in between? Does formula and introduction of solids contribute to the development of allergies?

### Importance of Play for Development

The first year of life sees an enormous evolution of developmental skills. One should never underestimate the importance of play in the development of your child - this will be addressed in this section of the class, together with a sensible approach to following your child's developmental milestones.

### Infant Development- When to Worry

Continuing on from the previous section we look at the warning signs for developmental delay, and what services are available for your infant and toddler who may not be developing as quickly as other children.

### Is My Child growing Appropriately?

Overall growth is important for nutritional wellbeing and brain development. This section looks at reasons why children fail to thrive, but also addresses the overweight end of the spectrum. Important nutritional advice will be discussed.

### Establishing Early Parenting Boundaries

Toddler behaviour is an issue that most parents face at some point in time. We discuss the early parenting skills that are useful for establishing a solid framework of behavioural expectations for small children.

### Tips From the Experts

Important pearls from our experts covering a broad range of medical, developmental and behavioural topics to further arm you with the skills to be a confident, informed parent.

### Open Session for Questions and Discussion

Your chance to ask our experts all your infant questions - don't be afraid to speak up! We expect to be inundated with questions, no matter how simple.

**BY THE END OF THE SESSION, WE HOPE YOU WILL LEAVE US WITH A SENSE OF  
CONFIDENCE AND REASSURANCE WHEN IT COMES TO LOOKING AFTER YOUR  
GROWING INFANT!**



## WHO ARE OUR SPECIALISTS?

### DR. SCOTT DUNLOP - CONSULTANT PAEDIATRICIAN

Dr Dunlop completed his paediatric training through Sydney Children's Hospital, and currently holds appointments at St George Hospital, St George Private Hospital, Hurstville Private Hospital and Sydney Children's Hospital. He consults in both Hurstville and Woollahra. Dr Dunlop sees children from birth to school leavers, and has a keen interest in helping parents navigate the murky waters of parenting information!

### TAURI SMART

Tauri is a Paediatric Registered Nurse and Early Childhood Nurse who spent her early nursing years at Sydney Children's Hospital. She currently works at Canterbury Tresillian when not working at Sydney Paediatrics, and has a keen interest in sleep and settling issues.

### ROMANA MOALA

Romana is a Paediatric Intensive Care Nurse with years of newborn experience. She is currently the Nurse Unit Manager of the Special Care Nursery at St George Private Hospital.

### MARGARET CARR

Margaret is a Registered Midwife who manages the Postnatal Ward at St George Private Hospital, and was one of the original team that established Hurstville Private Hospital Maternity Unit.

It is our intention that Dr Dunlop and one of our nursing specialists will facilitate each class. Unfortunately the nature of our work does mean that we are called out to emergencies from time to time, and therefore our speakers may be changed at short notice.

