

Townsville University Hospital childbirth and parenting education session calendar

Session		January 2024	February 2024	March 2024
Early pregnancy 101	Face to face	17 th (5pm-7pm)	7 th (5-7pm)	6 th (5-7pm)
	Online	31 st (5-7pm)		13 th (5-7pm)
Preparing for birth and parenting series <i>Face-to-face sessions are not available to Midwifery Group Practice or Birth Centre parents as a first option. An online date option should be chosen.</i> <i>Midwifery Group Practice or Birth Centre parents can be placed on a wait list for face-to-face sessions to fill late cancelations received within 48 hours of the session date.</i>	Evening series	23 rd , 30 th & 5 February (6-9pm)	6 th , 13 th & 20 th (6pm-9pm)	4 th , 11 th , 18 th & 25 th (6-8:30pm) To be confirmed
	Weekend series	13 th & 14 th (9am-1:30pm) 20 th & 21 st (1pm-5.30pm)	10 th & 11 th (9am-1:30pm) 17 th & 24 th (9am-1:30pm)	3 rd & 10 th (9am-1:30pm) 9 th & 23 rd (9am-1:30pm)
	Online series	11 th & 18 th (5.30pm-9pm)	28 th February & 12 th March (5:30-9pm)	
Introduction to breastfeeding	Morning	10 th (9.30am-12pm) 21 st (9.30am-12pm)	7 th (9:30am-12pm) 18 th (9:30am-12pm)	6 th (9:30am-12pm) 17 th (9:30am-12pm)
		Evening	18 th (5-7:30pm)	29 th (5-7:30pm)
	Online		3 rd (1-3:30pm)	23 rd (1-3:30pm) Time to be confirmed
Relaxation and massage	Weeknight	10 th (6-9pm) 15 th (6-9pm)	21 st (6-9pm)	20 th (6-9pm)
		Saturday	3 rd (9am-12pm)	2 nd (9am-12pm)
	Online	20 th (9am-11.30am)		9 th (2.30pm-5pm)
Refresher course – preparing ‘again’ for birth and parenthood <i>Not available to first time parents</i>	Face to face	20 th (1-3:30pm)	10 th (2.30pm-4pm)	2 nd (2.30-4pm)
Complex needs breastfeeding <i>Only available to women with complex breastfeeding needs like multiple pregnancy, unwell or preterm baby requiring special assistance and considerations or previous serious feeding issues</i>	Face to face	24 th (9:30am-12pm)	21 st (9:30am-12pm)	20 th (9:30am-12pm)
Next birth after caesarean information session <i>Only available to parents who have previously had a baby by caesarean birth</i>	Face to face	24 th (6pm-8.30pm)		TBC
	Online		27 th (6-8pm)	
Young parents’ session - pregnancy and parenting <i>Only available to parents under 21yrs of age</i>	Face to face	25 th (1pm-3.30pm)	29 th (1pm-3.30pm)	28 th (1pm-3.30pm)