



# The next nine months...

Information, advice and support after the birth of your baby at KEMH

## Open House Postnatal Program

Join in a series of informal discussions led by Parent Educators and guest speakers every second and fourth Tuesday of the month exploring a range of topics relating to newborns and women's health.

Share your experiences, get advice from the experts and socialise with other new parents.

**Who:** New parents and their babies up to nine months old.

**What:** Program topics and dates over page.

**When:** 1.30pm every SECOND and FOURTH Tuesday of the month.

**Where:** Agnes Walsh House (next door to KEMH, Bagot Road).



\* Gold coin donation appreciated for this course to cover costs of massage oils and information sheets.

## Baby Massage Course

Time used for massage can benefit both you and your baby, come and learn the correct techniques from a trained infant massage instructor.

**Who:** Parents and their babies between six and twelve weeks (3 months).

**When:** Once a week for four weeks (1-1.5 hours per session). Bookings essential.

**Where:** KEMH Parent Education Department, 1st Floor, A Block.

For more information about the Open House Program or to book a place in the Baby Massage Course call (08) 6458 1368 between 8.00am and 9.00am or 3.00pm and 4.00pm weekdays (except Wednesdays).

# Open House Program 2019

To confirm topics for discussion, please phone (08) 6458 1368 between 8.00am – 9.00am and 3.00pm – 4.00pm weekdays, except Wednesday.

22nd January	Essential Oils for Mums & Babies
12th February	Basic First Aid for Babies
26th February	Baby's First Teeth
12th March	Gymbaroo
26th March	Keeping the Balance - Looking after yourself
9th April	Sleep Management
23rd April	The Importance of Play
14th May	Healthy Eating
28nd May	Speech Development
11th June	Womens Health - getting back on track
25th June	Baby Wearing / Slings - If you have purchased a sling please bring it with you.
9th July	Basic First Aid for Babies
23th July	Keeping the Balance - Looking after Yourself
13th August	Transition to Solids
27th August	Gymbaroo
10th September	Sleep Management
24th September	Summer Sun and your Baby (Gold coin donation for Cancer WA)
8th October	Babies and Chiropractic Care
22rd October	Immunisations
12th November	Never Too Young to Start Reading
26th November	Christmas Craft Session
4th December	<b>END OF YEAR PARTY!</b> (Please bring a plate)

Program subject to change without notice.



This document can be made available in alternative formats on request.

**Women and Newborn Health Service**  
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**[www.kemh.health.wa.gov.au](http://www.kemh.health.wa.gov.au)**