



# 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 2018

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

9th January	Sleep Management
13th February	Basic First Aid for Babies
27th February	Baby's First Teeth
13th March	Gymbaroo
27th March	Baby's Fine - Not sure about me
10th April	Importance of immunisation
24th April	The Importance of Play
8th May	Dance with Your Baby
22nd May	Speech Development
5th June	Sexuality after Birth
26th June	Baby Wearing (If you have purchased a sling bring it with you)
10th July	Basic First Aid for Babies
24th July	"Baby's Fine - Not sure about me"
14th August	Transition to Solids
28th August	Gymbaroo
11th September	Sleep Management
25th September	Summer Sun and your Baby (Gold coin donation for Cancer WA)
9th October	Babies and Chiropractic Care
23rd October	Allergy/immunology
13th November	Never Too Young to Start Reading
27th November	Osteopathy for babies
4th December	END OF YEAR PARTY! (Please bring a plate)

Program subject to change without notice.