

Parent education classes

King Edward Memorial Hospital offers a range of classes, which are run by experienced clinical midwives.



Preparing for birth and baby

Online/in-person

Ideal for first-time parents, but open to all. Topics include labour and birth, breastfeeding and caring for your baby. The online sessions run for two hours each, over four consecutive weeks. The in-person class is two full days, held over consecutive weeks.

Planning a positive caesarean

Online/in-person

Ideal for anyone having a planned caesarean birth or seeking more information on having a caesarean birth. This session runs for about 2.5 hours.

Vaginal birth after caesarean

Online/in-person

A 2.5 hour course for parents considering or planning a vaginal birth after a previous caesarean birth. Designed to help women build knowledge and confidence as they plan for a vaginal birth after caesarean (VBAC).

Baby care and parenting

Online/in-person

A standalone class helping parents to learn the fundamentals of caring for their newborn baby, as well as discussing the transition to parenting. This session runs for about 2.5 hours.

It takes a village - grandparents and carers

Online/in-person

Available to soon-to-be grandparents or carers within your postpartum support system. The 2.5 hour session covers infant care best practice, challenges for new parents and the role of grandparents. It must also be attended by the pregnant woman booked in to King Edward Memorial Hospital.

Preparing for birth and baby...again!

Online/in-person

This 2.5 hour workshop covers the preparation and excitement of adding another addition to your family. We help you plan and prepare for labour, birth, infant feeding, sleeping and introducing baby to your other children.

Labour and birth strategies

In-person only

This 2.5 hour session includes information about coping strategies, pain relief options, birth mapping and what happens to your body during labour and birth.

Preparing for postpartum

Online only

This 2.5 hour session covers what to expect postpartum for new parents, including physical and emotional changes, and the importance of fostering emotional wellbeing, as well as support services available.



To see the full range of classes, please scan the QR code as the schedule rotates. Please book early to avoid disappointment.



