

## YOUR OPTIONS FOR MATERNITY CARE

In Queensland, there are four main options for places to have a baby:

- \* Public hospital
- \* Private hospital
- \* Home
- \* Public birth centre (NB The Sunshine Coast does not currently have a Birth Centre)

There is no one 'right' place for having a baby, and the best option for you may not be the best option for another woman. Thinking about the things that are most important to you when having your baby will help you to choose the best place for you. You may also like to talk with your partner, your support people, or your care providers when deciding where to have your baby.

The different options for where to have your baby are quite different from one another.

When you choose where to have your baby, you are often also choosing things like:

- where you receive your pregnancy care (e.g., at home, in a hospital, in a community clinic)
- whether you have to travel for birth, and how far
- who provides your care during pregnancy and during labour and birth (e.g., midwives, doctors)
- what choices you have in how to birth your baby
- whether 'low intervention' birth is supported
- whether you have close access to certain procedures or services
- whether your support people are able to stay with you
- whether there are out-of-pocket costs for your care
- whether you have in-home care after birth

From the website *Queensland Centre for Mothers & Babies* [www.havingababy.org.au](http://www.havingababy.org.au)

Birthplace is a tool that provides you with balanced and trustworthy information about all of the public hospitals, public birth centres and private hospitals where you can have a baby in Queensland. Birthplace provides information about location and contact details, types of care offered, care policies and practices, and other women's experiences of having a baby there. The information in Birthplace may help you to choose the best place for you to have your baby.

[Explore your options here](#)

[www.havingababy.org.au/labour](http://www.havingababy.org.au/labour) and [birth where to have your baby](http://www.havingababy.org.au/birth)

[www.havingababy.org.au/birthplace](http://www.havingababy.org.au/birthplace)

### **What's the difference between midwifery care and obstetric care (often known as public or private care)?**

An obstetrician is a medical doctor who specialises in the care of pregnant women from the time of conception through to childbirth and the immediate postnatal period. Obstetricians have surgical skills which enable them to perform caesareans when required. If you choose a private obstetrician you will have your antenatal appointments in his/her offices and may be seen at some visits by a midwife employed by the obstetrician. You will be cared for in labour by the hospital midwives and your obstetrician will be called in when the birth is imminent, or if there are complications in your labour. If your obstetrician isn't on call another obstetrician will attend you. Obstetric care usually involves active management of birth i.e. more use of interventions and attracts a higher caesarean section rate, although some obstetricians are less likely to intervene than others.

A midwife is a trained health professional who can provide all antenatal care throughout pregnancy and attend women during labour and birth, and provide care to the mother and baby in the first six weeks after birth. Midwives' care includes detection of complications in mother and baby and will refer to specialist care when required. Women who choose midwives usually want very little medical intervention, and have had no complications during their pregnancy.

[Public hospitals in Australia have lower rates of interventions such as inductions, epidurals and caesarean sections.](#)

[Of women who gave birth in Australian hospitals in 2009, around a third \(32.6%\) had a caesarean section delivery. The caesarean section rate of 42.5% for women in private hospitals was higher than for women in public hospitals \(28.4%\).](#)

[The overall caesarean section rate for women giving birth in Queensland hospitals \(public or private\) was 33.9%, which isn't much higher than the national average. But Queensland tops the list for the highest rate of caesarean section deliveries in private hospitals, accounting for almost half of all births \(47.9%\).](#)

<http://theconversation.com/forget-too-posh-to-push-doctors-are-behind-the-rise-in-c-sections-4986>

[www.havingababy.org.au/media/pdf/choicesmodel.pdf](http://www.havingababy.org.au/media/pdf/choicesmodel.pdf)

[www.kidspot.com.au/pregnancy-conception-obstetrician-or-midwife+1457+121+article.htm](http://www.kidspot.com.au/pregnancy-conception-obstetrician-or-midwife+1457+121+article.htm)

## OPTIONS FOR MATERNITY CARE ON THE SUNSHINE COAST - NOOSA TO NAMBOUR-BUDERIM AREA

- **Antenatal** shared care with your GP and Nambour Hospital, **birth** at Nambour Hospital with the hospital midwives. Specialist doctor is called if there are any complications.
- **Antenatal** visits with Nambour Hospital midwives at either the hospital or Bottlebrush Avenue Noosa, **birth** at Nambour Hospital with the hospital midwives. Specialist doctor is called if there are any complications.
- NEW SERVICE **Antenatal** care from a group of midwives from Nambour Hospital's Midwifery Group Practice, **birth** at Nambour Hospital by a known midwife from this group and also **postnatal care**.
- **Antenatal** care from your chosen obstetrician, **birth** at Sunshine Coast Private Hospital (SCPH) in Buderim with the hospital midwives who communicate during the labour with your obstetrician. Some obstetricians share care with midwives who provide antenatal care and midwifery care during labour. Your obstetrician may attend you during labour but most often will be called when you're in second stage (pushing stage) of labour to supervise the birth and immediately after. If your obstetrician isn't on duty when you're in labour, another obstetrician will attend to you.
- **Antenatal** care from your chosen midwife in private practice and **birth** at home.
- **Antenatal** care from your chosen midwife in private practice and **birth** in hospital at either Nambour Hospital or SCPH. Some private midwives have the right at some hospitals to act as your midwife while there, and midwives without this right will be your support person at the hospital in a support role, rather than a midwifery role. The hospital midwives will care for the medical aspects of your labour, with a specialist doctor or your chosen obstetrician called if there are any complications.
- **Postnatal care** Nambour Hospital provides home care visits by midwives, Queensland Child Health provides breastfeeding and postnatal support for all women regardless of where they give birth as well as well baby checks, private obstetricians provide postnatal care for women who've birthed with them, paediatricians provide specialist care for newborns, GPs and midwives in private practice provide postnatal care for mothers and babies.
- In addition to your medical caregivers, **antenatal care, support during birth and in the early newborn period** can be provided by a doula or a student midwife who you hire privately.

Nambour Public Hospital Antenatal Clinic 5470 6702

Sunshine Coast Private Hospital 5430 3303

Sunshine Coast Obstetricians - Internet search or GP referral

Midwives in Private Practice and Doulas - refer to lists below

**NOTE** From end of 2016 the Nambour Hospital maternity unit will move to the new Sunshine Coast University Hospital at Birtinya.

## SUNSHINE COAST MIDWIVES IN PRIVATE PRACTICE

A midwife is someone who is qualified to provide care to a woman during her pregnancy, childbirth and following the birth of her baby for six weeks. Midwifery care focuses on normal pregnancy and childbirth and midwives work alongside other health professionals if complications arise.

Midwives in private practice provide a broad range of services to suit your needs, which may include helping you decide the best birth place for you, prenatal care in your home or at their premises, homebirth care or hospital birth support, postnatal home visits, lactation support, neonatal screening, prenatal and postnatal mothers' groups and education. Services are available to women birthing in hospital or at home. Many services receive Medicare rebates.

Some midwives have access rights at Nambour Hospital which means they can act as your midwife if that's where you birth.

Some midwives share care with private obstetricians which means that they see you for some of your antenatal care and work as your midwife during your birth at the private hospital.

Some midwives can provide you with antenatal and postnatal care and work as your support person in hospital alongside the hospital midwives.

Overview of private midwives on the Sunshine Coast and information about midwifery continuity of care [www.sunshinecoastprivatemidwives.com](http://www.sunshinecoastprivatemidwives.com)

### COAST LIFE MIDWIFERY

#### **Alison Broderick, Deyna Hopkinson, Anne Moore**

Personalised pregnancy, birth and post-birth care. Continuity of care from a midwife you know and trust. Birth choices at home or hospital. Private visiting rights to NGH. Collaborative care options with private obstetricians. Birth support at SCPH. Medicare rebates. Lactation Consultant- Deyna Hopkinson.  
71 Blackall Terrace Nambour 5441 4882 [www.coastlifemidwifery.com.au](http://www.coastlifemidwifery.com.au)  
[admin@coastlifemidwifery.com.au](mailto:admin@coastlifemidwifery.com.au)

#### **Jacqui du Lieu** Midwife and Lactation Consultant

Medicare rebates apply if consults combined with postnatal visits.

Antenatal and Postnatal visits on referral from GP

Shared care with Kirsten Morrow and Kylie Isaacs, for birth at Sunshine Coast Private Hospital

Continuity of care, or choose Jacqui as lead carer for continuity of care and birth at Nambour Hospital (Access rights) 0428 282891 [jdulieu6@bigpond.com](mailto:jdulieu6@bigpond.com)

#### **Josie Greaves** Midwife and Lactation Consultant

Antenatal, postnatal and breastfeeding support. Medicare rebates.

Visiting rights at Nambour Hospital. 0429 409735 [www.josiegreavesmidwife.com.au](http://www.josiegreavesmidwife.com.au)

### KNOW YOUR MIDWIFE **Mary Young**

Private midwifery for homebirth or collaboration with Sunshine Coast Private Hospital, Nambour General Hospital, Caboolture Hospital and Gympie Hospital. Medicare rebates.  
0400 901437 [www.knowyourmidwife.com.au](http://www.knowyourmidwife.com.au)

### MIDWIFERY & LACTATION CARE **Brigid Feely**

Midwife, Lactation Consultant. Medicare Rebate Eligible

Antenatal care, private midwifery birthing at Nambour Hospital, post natal care at home.

Assessment of oral frenulums (tongue ties) - Sunshine Coast Tongue Tie Clinic with ENT surgeon.

5478 4364 0419 729621 [www.yourownmidwife.com.au](http://www.yourownmidwife.com.au) [terri.sch\\_midwife@bigpond.com](mailto:terri.sch_midwife@bigpond.com)

#### **Terrie Schaumberg** Midwife. Antenatal care, home and hospital birth, postnatal care.

5494 3657 0408 074522 [terri.sch\\_midwife@bigpond.com](mailto:terri.sch_midwife@bigpond.com)

### SUNSHINE MIDWIFE **Sylvia Jenkin** Midwife. Pregnancy care, home and hospital birth, postnatal care. Nambour Hospital births (admitting rights) and support at SCPH. Medicare rebates.

0449 504609 [www.sunshinemidwife.com.au](http://www.sunshinemidwife.com.au) [info@sunshinemidwife.com.au](mailto:info@sunshinemidwife.com.au)

## HOME BIRTH

The idea of a home birth often conjures up fear in the minds of many women in Australia who tend to associate it with being "risky" and with not being able to have pain relief.

However, increasing numbers of women are choosing home birth when they find out how much more in control women feel when they birth at home, or when they discover the increasing amount of medical research which shows that homebirth is as safe as hospital birth for a woman at low risk of complications who is attended by an experienced professional midwife, and who lives within reasonable distance of a back-up hospital.

Research shows that the risk of the mother or baby being injured or dying at a homebirth under these criteria are usually the same as (if not lower than) if they were in hospital.

### Why do women choose home birth?

Two of the main reasons women choose homebirth are to avoid what they have previously experienced, or anticipate might happen, with hospital birth, and/or to have their baby with care from just one or two midwives who they can come to know and trust. Some other reasons are that:

- in the familiar environment of their home they often feel more in control of their labour and birth, and can have whoever they want (or don't want!) present

- there is less risk of infection for both mother and baby

- there is less risk of unnecessary episiotomy

- even if hospital transfer is needed, the risk of caesarean is low

- antenatal and postnatal visits at home, in the community, or in the midwife's home feel much more personal than visiting an antenatal clinic with many other women

Common interventions available in hospital, such as induction and epidural, are unavailable at home but this is exactly why many women choose homebirth. Women cope with the work and pain of labour using various methods such as immersion in water, shower, massage, aromatherapy and walking. Homebirth midwives do not usually carry pethidine or gas, but do carry safety equipment like oxygen, suction, resuscitation equipment, and drugs to stem bleeding after the birth.

Even if you choose homebirth but are unsure about managing without medical pain relief, or if it becomes necessary during labour, you can still transfer from home to hospital care in pregnancy or in labour. Note that one of the main factors which seems to make homebirth successful is the woman and her care provider(s) having confidence in her body's natural ability to give birth.

### What if something goes wrong at home?

Some people worry about what would happen should the mother or baby suddenly require medical assistance at a home birth. Although there can be no guaranteed outcomes in any birth, the protective features in a home birth are linked to not interfering with the woman's natural processes. Many people particularly worry about what would happen should a caesarean become necessary. However, research shows that less than half of all caesareans occur within thirty minutes of the decision, so even if you were already having your baby in hospital a caesarean could take much longer to start than you think. If a complication develops at a homebirth the midwives phone ahead for the hospital to start preparing for when the mother arrives.

[www.bubhub.com.au/info/articles/birth-labour/homebirth\\_in\\_australia.shtml](http://www.bubhub.com.au/info/articles/birth-labour/homebirth_in_australia.shtml)

[Want to know more about homebirth?](http://www.knowyourmidwife.com.au/birth/homebirth-on-the-sunshine-coast-where-do-i-start/)

[www.knowyourmidwife.com.au/birth/homebirth-on-the-sunshine-coast-where-do-i-start/](http://www.knowyourmidwife.com.au/birth/homebirth-on-the-sunshine-coast-where-do-i-start/)

**Homebirth Queensland** [www.homebirth.org.au](http://www.homebirth.org.au)

## DOULAS

### What is a doula?

In our modern world a Doula refers to a woman with experience in birth work, not as a medical person but as a person who understands the process of birth both physically and emotionally. She is trained in supporting and empowering women and their partners during pregnancy, labour, birth and early parenting and she provides that much needed continuity of care and support.

**Studies have shown that when doulas attend birth, labours are shorter with fewer complications, babies are healthier and they breastfeed more easily.**

*A doula's primary and very unique role is to increase the mother's confidence and feeling of safety.*

By standing by the mother no-matter how the birth journey unfolds and which decision the birthing woman might make, she can significantly help reduce fear and tension and create a calmer and more settled environment.

**Bron Arnold-Briggs** Kindred Birth  
[www.kindredbirth.com.au](http://www.kindredbirth.com.au) 0400 551977

**Jodi Atkinson** Birth Mana Doula Care  
[www.birthmana.com.au](http://www.birthmana.com.au) 0410 869168 E [birthmana@gmail.com](mailto:birthmana@gmail.com)

**Nadja Dinneen** The Light Acupuncture Centre (trainee doula)  
[www.naturaltherapypages.com.au/connect/nadjaastro/about\\_us/24074](http://www.naturaltherapypages.com.au/connect/nadjaastro/about_us/24074)  
0418 457076 E [onadja@yahoo.com](mailto:onadja@yahoo.com)

**Carrie Jeff** Joymamma  
[www.joymamma.com.au](http://www.joymamma.com.au) 0402 595356 E [carrie@joymamma.com.au](mailto:carrie@joymamma.com.au)

**Gemma Jones** (trainee doula)  
0425 238214 E [gemjones757@yahoo.com.au](mailto:gemjones757@yahoo.com.au)

**Esther-Maria Lindner** Kindled Spirit  
0423 949377 E [esther@kindledspirit.com.au](mailto:esther@kindledspirit.com.au) W [kindledspirit.com.au](http://kindledspirit.com.au)

**Jessica Royce and Jessica Love** Sunshine Coast - Birth Doula

Mothers, student nurses moving onto Masters of Midwifery, passionate about helping young mums in pregnancy and birth. 0438 683021 [facebook.com/Sunshine Coast - birth doula](https://www.facebook.com/Sunshine-Coast-birth-doula)

**Lee Rudder**

Lives at Imbil near Kenilworth. Services Mary Valley, Gympie, Hinterland and Sunshine Coast. 0422 356211 E [lee@earthdoulasunshinecoast.com](mailto:lee@earthdoulasunshinecoast.com)

**Shaya Stewart** Adore Pregnancy & Birth Services and placenta encapsulation

0401 934965 facebook

**Nikki Warren** Natural Reproductive Care Naturopathic doula

[www.naturalreproductivecare.com.au](http://www.naturalreproductivecare.com.au) 5448 2001 0416 357645

E [nikki@naturalreproductivecare.com.au](mailto:nikki@naturalreproductivecare.com.au)

**Tess Youd** Cariad Caring Sunshine Coast, Brisbane, Gympie. Lives close to Nambour

Hospital. 0404 542446 [cariad.caring@gmail.com](mailto:cariad.caring@gmail.com) [www.sunshinecoastdoula.com.au](http://www.sunshinecoastdoula.com.au)

**Ellie Young** Wise Roots Birth

Yandina area 0434 571841 [www.wiserootsbirth.com](http://www.wiserootsbirth.com) E [wiserootsbirth@gmail.com](mailto:wiserootsbirth@gmail.com)

## STUDENT MIDWIFE

A midwife is someone who is qualified to provide care to a woman during her pregnancy, childbirth and following the birth of her baby. Midwifery care focuses on normal pregnancy and childbirth and midwives work alongside other health professionals if complications arise.

Student midwives study at university in order to gain the knowledge and skills to be able to register as a midwife in Queensland. They work under the direct supervision of a registered midwife. As part of their midwifery studies, they need to gain an understanding of pregnancy and becoming a new mother from a woman's perspective. This is best achieved by sharing some of the experiences a woman has during her pregnancy through to the early weeks after she has given birth. You can choose to have a student midwife to support you through your pregnancy and birth. There is no fee.

The student midwife will firstly meet you and your midwife at one of your antenatal visits. If you agree to have the student with you, you will be asked to sign a consent form. The student midwife will:

- Attend some of your antenatal appointments
- Contact you to talk about your pregnancy experiences, thoughts and feelings
- Be with you at the birth of your baby if you wish to have this happen, and if the student is available at that time
- Contact you and visit you after the birth of your baby
- You will get to know the student midwife and they will also get to know you during your pregnancy
- It will be an invaluable experience for the student midwife to hear about your thoughts and feelings over this time
- The student midwife will be able to learn about the experiences of women during the first few weeks with a new baby
- This experience will also help the midwifery students to understand more about midwifery and how they can work with women
- Women who have had this experience advise they have enjoyed having a student travel their birth journey with them

University of the Sunshine Coast student midwifery program Co-ordinator  
Jessie Johnson-Cash 0409 598 763 [jjohnson@usc.edu.au](mailto:jjohnson@usc.edu.au)

## CHILDBIRTH EDUCATION

### **Karen Shlegeris** FIT FOR BIRTH

Childbirth and Breastfeeding Educator, Calmbirth® Educator  
0424 226490 [karen@fitforbirth.com.au](mailto:karen@fitforbirth.com.au) [www.fitforbirth.com.au](http://www.fitforbirth.com.au)

### **Tracey Browne** Positive Beginnings Birth Preparation

Midwife, Calmbirth® Educator  
0413 418858 [traceyebrowne@hotmail.com](mailto:traceyebrowne@hotmail.com) [www.positivebeginnings.com.au](http://www.positivebeginnings.com.au)

### **Your midwife, hospital or doula**

## CAESAREAN / BIRTH AFTER CAESAREAN / VBAC INFORMATION AND SUPPORT

### **VBAC is a vaginal birth of a child after a previous caesarean**

The only way that VBAC differs from other first time labours is the small increased risk of uterine rupture. Approximately 0.2% higher than that of a normal labour. This is very small when you consider that you are 30 times more likely to require a emergency caesarean for situations such as acute foetal distress, cord prolapse or ante partum hemorrhage.

The research also shows that approximately 75% of uterine ruptures occur in women who have never had a cesarean and of the 25% that have, 1/3 do not rupture at the scar line.

Planning a vaginal birth after a previous caesarean (VBAC) has many benefits. A vaginal birth avoids the risks of surgery and anesthesia and improves the health outcomes for the woman and her baby. The research shows that babies greatly benefit from the process of a natural birth.

**Birthtalk** [www.birthtalk.org](http://www.birthtalk.org) Based in Brisbane.

Melissa Bruijn and Debby Gould e. 0410 408335

e. [info@birthtalk.org](mailto:info@birthtalk.org) Their book *How to heal a bad birth: making sense, making peace and moving on*

**Birthrites Healing After Caesarean** [www.birthrites.org](http://www.birthrites.org) Based in Perth.

e. [convenor@birthrites.org](mailto:convenor@birthrites.org) m. 0422 592343

**Caesarean Awareness Recovery Education Support (CARES Inc)** Based in SA.

e. [caresinc.org.au](http://caresinc.org.au) [info@caresinc.org.au](mailto:info@caresinc.org.au)

**CANAustralia.net**

[www.canaustralia.net](http://www.canaustralia.net) **Caesarean Awareness Network Australia** Based in Queensland.

Support Contact: Debby Gould on 07 3878 7915

Find a VBAC support group on Facebook as the members have usually done a lot of research on the subject, including practitioners and birthplaces who support VBAC.

## LACTATION SUPPORT AND INFORMATION

**Nambour Public Hospital** has an excellent breastfeeding service. Many of the midwives are Lactation Consultants (LCs) and are available around the clock during your hospital stay. The Lactation Service provides individualised help to women with breastfeeding problems 7 days a week. Following discharge home there is a home visiting services for all first time mums and mums with breastfeeding problems or whose babies have been in Special Care Baby Unit. Some of the midwives are LCs.

The Lactation Service runs two Lactation Clinics per week, both for pregnant women who think they might encounter breastfeeding problems and for post-natal mums and babies. The clinics are available for all women, including those who have birthed at home or at the private hospital. Phone the ante-natal clinic on 54706701 to book an appointment.

Education: You will receive some breastfeeding education during your ante-natal visits with a midwife. There are also four Breastfeeding Classes every month, which run for 2 1/2 hours and to which partners are invited to attend.

**Sunshine Coast Private Hospital** has a number of midwives who are Lactation Consultants. If you have any breastfeeding concerns during your hospital stay ask to see them. You will be given a list with their contact details as they provide a private home visiting service. Lactation class available - fee payable.

**Your own midwife** may provide you with education and support.

**Your GP** if they are supportive of breastfeeding and have up to date information on current breastfeeding practices - not all do so take care.

**Qld Community Child Health** Noosa Community Health Centre, 14 Bottlebrush Avenue, Noosa Junction *for all women regardless of where they give birth - free service.*  
Ph 5449 5944 Mon-Fri 8.30am - 4.30pm. I believe there's a Child Health clinic run at the Pomona Community House on Mondays, and a clinic at Cooroy Library on Thursdays.  
To locate your nearest clinic phone 5319 4824

**Breast pump hire - Hire for Baby** ph 5450 6833 Peregian, 5641 0377 Caloundra

### **Australian Breastfeeding Association (ABA)**

Telephone counselling is available 24/7 on the national ABA Breastfeeding Helpline. Call 1800 686 2686, (1800 mum 2 mum). You can also email an ABA breastfeeding counsellor for information, support and reassurance - see ABA website for details. [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)  
See the website for the most comprehensive and up to date information available on all matters regarding breastfeeding. Download your free Breastfeeding Confidence ebook.

Subscribe to ABA and receive free their book *Breastfeeding....naturally* or buy it from the online store.

Discounted pump hire, maternity clothes and items from online store Mothers Direct  
[www.mothersdirect.com.au/](http://www.mothersdirect.com.au/)

Local ABA groups are a great way to meet new mums and babies, hear useful information, and speak informally to a counsellor. There are no counsellors in the Noosa area and meetings are held twice a month in Maroochydore. You would be very welcome. See their facebook page for meeting dates  
**Australian Breastfeeding Association Sunshine Coast.** See Local Groups contacts on the website page.

**Breast pump hire - ABA Sunshine Coast** Liz ph 5494 1417 or [lizharris@tpg.com.au](mailto:lizharris@tpg.com.au)  
or Judy @ Mountain Creek ph 5477 6375 or 0420 700071

## PRIVATE LACTATION CONSULTANTS

### **BABYMOON HOME VISITS Lois Wattis [www.birthjourney.com](http://www.birthjourney.com)**

Clinical Midwife/Lactation Consultant at Nambour General Hospital  
Lactation Consultant in Private Practice. Visits Sunshine Coast to Gympie  
M 0404 857 272 e: [loiswattis@gmail.com](mailto:loiswattis@gmail.com)

**New Baby 101 Free App** on Google Play and iTunes includes 2 videos.  
**eBook with 3 more videos** including "Breastfeeding Your Baby" available at  
[www.newbaby101.com.au](http://www.newbaby101.com.au)

### **BREAST EASY Marianne Idle**

Private Lactation Consultant AH 5494 4349 M 0419 727087  
Home visits to all areas of the Sunshine Coast and Hinterland, and usually available at short notice. May be able to correct anterior tongue tie.

### **COASTAL MUMS AND BUBS Jeannette Carey**

Private Lactation Consultant, personal and skype consultations (also for rural and remote women).  
Supplier of Medela products incl. breast pumps and breastfeeding products.  
Also Midwife and Lactation Consultant at Sunshine Coast Private Hospital  
M 0437 166017 E [coastalmumsandbubs@hotmail.com](mailto:coastalmumsandbubs@hotmail.com) facebook/Coastal mums and bubs

### **COAST LIFE MIDWIFERY**

Deyna Hopkinson - Midwife, Lactation Consultant  
B 5441 4882

**Jacqui du Lieu** Midwife and Lactation Consultant in private practice  
Medicare rebates apply with an obstetrician or GP referral  
M 0428 282891 E [jdulieu6@bigpond.com](mailto:jdulieu6@bigpond.com)

**Josie Greaves** Midwife and Lactation Consultant in private practice  
Medicare rebates apply M 0429 409735 May be able to correct anterior tongue tie.

### **KNOW YOUR MIDWIFE Mary Young**

Medicare rebates. M 0400 901437 [www.knowyourmidwife.com.au](http://www.knowyourmidwife.com.au)

### **MIDWIFERY & LACTATION CARE SUNSHINE COAST Brigid Feely**

Midwife, Lactation Consultant. Medicare Rebate Eligible  
Antenatal care, private midwifery birthing at Nambour Hospital, post natal care at home,  
Lactation interests include assessment of oral frenulums (tongue ties)  
Sunshine Coast Tongue Tie Clinic with ENT surgeon Tuesday afternoons.  
Minyama office/ Ochre Health Sippy Downs or home visits  
B 5478 4364 M 0419 729621 [www.yourownmidwife.com.au](http://www.yourownmidwife.com.au)

### **THE MILK SUNSHINE COAST Meg Nagle**

Private Lactation Consultant, personal and skype consultations, contemporary local blog,  
free breastfeeding support and friendship groups [www.facebook/themilkmeg](http://www.facebook/themilkmeg)  
M 0423 949 252 E [info@themilkmeg.com](mailto:info@themilkmeg.com) [www.themilkmeg.com](http://www.themilkmeg.com)

## LACTATION AND PARENTING RESOURCES

**www.breastfeeding.asn.au** Australian Breastfeeding Association  
Book *Breastfeeding ... Naturally* and all information booklets

**www.llli.org** La Leche League International

**www.kellymom.com** US site of evidence-based breastfeeding and parenting information

Anything by Pinky MacKay **www.pinkymckay.com.au** including *Parenting by Heart*

Anything by William and Martha Sears **www.askdrsears.com** including *The Breastfeeding Book*

Anything by Australian Lactation Consultant expert Sue Cox including books and DVDs  
**www.ibreastfeeding.com/sue-cox-rn-rm-ibclc**  
**www.breastfeedingtasmania.asn.au/video.htm**

**www.rebeccaglover.com.au**

**www.newbaby101.com.au** Book and app by Lois Wattis, Sunshine Coast Midwife

## TONGUE TIE

**Marianne Idle** Midwife and Lactation Consultant 0419 727087

**Josie Greaves** Midwife and Lactation Consultant 0429 409735

**Brigid Feely** Midwife and Lactation Consultant 5478 4364 / 0419 729621  
Assessment of oral frenulums (tongue ties)  
Sunshine Coast Tongue Tie Clinic with ENT surgeon Tuesday afternoons.

**Lois Wattis** Clinical Midwife/Lactation Consultant at Nambour General Hospital and  
Lactation Consultant in private practice 0404 857272

Some of the paediatricians at Nambour Hospital may do frenotomies, as may some private paediatricians.

For posterior tongue tie, you may need a referral to an oral surgeon or dentist in Brisbane. Ensure you have a correct diagnosis before accepting this surgery.

## POSTNATAL CARE AND SUPPORT

**In an emergency** always dial 000 or 112 from a mobile phone

**After hours GP Helpline** 1800 022 222 for free medical advice from a health professional

**Child Health Line** 13HEALTH (13 43 25 84) 24/7 child health information and parenting support services. Registered nurses provide information and support on issues concerning you and your child. Advice is confidential and supportive.

**Pregnancy, Birth and Baby** 1800 882436 Information, advice and counseling support for women, partners and families [www.pregnancybirthbaby.org.au](http://www.pregnancybirthbaby.org.au)

### Baby settling/Sleep

**CALM BABY SOLUTIONS Julee Davenport** Brisbane [www.calmbabysolutions.com](http://www.calmbabysolutions.com)  
1300 243396

**CHILD HEALTH** (See below)

**DUSK TILL DAWN SLEEP CENTRE** Tewantin 5455 6622 [www.dusktilldawnsleep.com.au](http://www.dusktilldawnsleep.com.au)

**SAGE BABY** Samantha Anderson, Mothercraft Nurse  
In-home support for babies 0-4 months old. 0427 818385 [www.sagebaby.com.au](http://www.sagebaby.com.au)

**SETTLE PETAL Jan Murray** [www.settlepetal.com](http://www.settlepetal.com)  
Midwife, registered nurse, mother of five and Family and Child Health nurse.  
Information resources and consultations around infant and toddler growth, feeding and sleeping.  
Private Practice. One on one home visits and parent sharing groups M 0410 475 437

### Birth Debriefing, Birth Healing, Belly Casting

**Pernille Powell BIRTH CONNECTION**  
0406 412354 [www.birthconnection.com.au](http://www.birthconnection.com.au)

**Karen Seville KNOWLEDGE WITHIN**  
0410 075044 [www.knowledgewithin.com.au](http://www.knowledgewithin.com.au)

**Karen Shlegeris FIT FOR BIRTH**  
0424 226490 [www.fitforbirth.com.au](http://www.fitforbirth.com.au)

### Child Health (QLD COMMUNITY CHILD HEALTH)

**Noosa Community Health Centre** 14 Bottlebrush Avenue, Noosa Junction. Ph 5449 5944  
Mon-Fri 8.30am - 4.30pm *For all women regardless of where they give birth - free service*

Most areas have clinics so check for the one closest to you ph 5319 4824  
Nambour 5450 4750 Caloundra 5436 8552 Maroochydore 5459 6901

Child Health run groups for women with new babies, baby development checks, parenting courses, and provides a free counseling service.

Counselling, Health and Relationship Information and Support

**13Health** 24/7 13 43 25 84

**Community Child Health** 5319 4824

**Cooroy Family Support Centre** 5447 7747

**Parentline** 1300 301300

**Relationships Australia** Noosaville 1300 364277 [www.relationships.com.au](http://www.relationships.com.au)

**Noosa Christian Outreach Church** Coast Care Counselling 5449 9658 M 0412 706546

**UnityCare Community** Free/low cost counseling to individuals, couples, families and children, financial counseling and parenting courses Sunrise Beach, Maroochydore and Caloundra and Noosa Child Health clinic 5409 2600 [www.uccommunity.org.au](http://www.uccommunity.org.au)

**Your Connected Life** Kate Leiper, Counsellor and Psychotherapist for pregnancy, birth and postnatal  
0407 777304 [kate@yourconnectedlife.com.au](mailto:kate@yourconnectedlife.com.au) [www.yourconnectedlife.com.au](http://www.yourconnectedlife.com.au)

Depression - Antenatal and Postnatal

**Beyondblue** 1300 22 4636 [infoline@beyondblue.org.au](mailto:infoline@beyondblue.org.au) [www.beyondblue.org.au](http://www.beyondblue.org.au)

**PANDA** Post Ante Natal Depression Association 1300 726306 Mon-Fri 9am-7pm  
[www.panda.org.au](http://www.panda.org.au)

**PND Centre and support group** [www.sunshinecoastpnd.com.au](http://www.sunshinecoastpnd.com.au)  
Lisa Lindley Psychologist 0417 540820 5309 6128

**Mataji Kennedy** Psychologist Dave McLennan Psychology, Tewantin 0411 029878  
Specialising in postnatal depression, pre and postnatal pregnancy care, birth trauma.  
Apply to your GP to receive a Medicare rebate, or self-refer.

Grief Support and Counselling

**SIDS** [www.sidsandkids.org/qld](http://www.sidsandkids.org/qld)

**SIDS and kids Bereavement Support Line** Freecall 1800 628 648

**SIDS and Kids Queensland** (07) 3849 7122 E [queensland@sidsandkids.org](mailto:queensland@sidsandkids.org)  
SIDS and Kids Queensland provide bereavement and grief support to Queensland families who have experienced the sudden and unexpected death of a baby during pregnancy, birth and infancy regardless of the cause.  
We provide Safe Sleeping education programs designed to reduce the rate of sudden infant death syndrome (SIDS) and fatal sleeping accidents.  
Our education and support services are provided to the Queensland Community free of charge.

**SANDS** Miscarriage, stillbirth and newborn death support 1300 0 SANDS (1300 072 637)  
National 24 hr support line

Midwives in Private Practice See details above

Mothers' Groups

**Playgroup Association of Qld** [www.playgroupqld.com.au](http://www.playgroupqld.com.au)

**MOPS Mothers' Group**

Hinterland Christian Centre, Marara St Cooroy (continue through library carpark on dirt road).  
For Christians and non-Christians. Craft/guest speaker/morning tea - bring your baby and  
young children. Contact Catlin Evans [iwate401@yahoo.com](mailto:iwate401@yahoo.com)

**Fit for Birth** Mums&Bubs Postnatal Yoga classes, free Fit Mamas walk.yoga.coffee group.  
Karen Shlegeris M 0424 226490 E [karen@fitforbirth.com.au](mailto:karen@fitforbirth.com.au)

**Mostly Music** Group for mothers and babies/small children, Salvation Army Noosaville  
ph 5442 4218

**Motherhood Matters** A space for pregnant mums to connect with themselves and their baby  
during pregnancy in Sunrise Beach, part of UnitingCare Community 5409 2600

Multiple Birth Association Sunshine Coast (SCMBA)

0447 854920 E [scmba@live.com.au](mailto:scmba@live.com.au)  
Australia 1300 886499 [www.amba.org.au](http://www.amba.org.au)

Paediatric Physiotherapy

**Anushka Kimmerly** Delayed developmental milestones, gross motor skills, running, jumping,  
climbing, restlessness, concentration problems. Noosa Physio Centre on Wednesdays.  
0438 158375 or 5447 3312 [www.noosaphysio.com](http://www.noosaphysio.com). Medicare rebates with GP care plan.

**Sunshine Coast Developmental Physiotherapy** Torticollis, plagiocephaly  
Clinic and mobile service 0422 229971 [ww.scdphysio.com.au](http://ww.scdphysio.com.au)

Vaccination Information

**Immunise Australia Program** [www.immunise.health.gov.au](http://www.immunise.health.gov.au)

**Australian Vaccination Network** [avn.org.au](http://avn.org.au)

## ALTERNATIVE HEALTH CARE

Please note that some of these therapists have been recommended to me but I have not met them or had treatment from them. I look forward to any feedback you may have about therapists you use. *Karen*

### ACUPUNCTURE

**Andrea Bicket** Acupuncture and Natural Fertility Management  
Mount Coolum 0418 506678 [www.abacupuncture.com.au](http://www.abacupuncture.com.au)

**Freda Dunn** Acupuncture and Natural Therapies (incl. naturopathy, herbs)  
Doonan [www.fredadunnclinic.com.au](http://www.fredadunnclinic.com.au) ph 5449 1811

**Roy and Ros Hayes**, Meher Clinic acupuncture, Chinese and Western herbalism, naturopathy, homeopathic kits for birth and for baby, homeoprophylaxis (alternative to immunization)  
Kiels Mountain B 5442 2511 [www.meherclinic.com.au](http://www.meherclinic.com.au) [meherclinic@universal.net.au](mailto:meherclinic@universal.net.au)

**Emma Iwinska**, Double Happiness Acupuncture, Eumundi ph 0431 946366  
I specialise in fertility, pregnancy and birth. I offer a very very gentle japanese style of acupuncture and treat lots of mums as well as their babies. I offer a specialised paediatric service and treat babies from newborn, for such things as colic, constipation, digestive problems through to coughs, colds and flus. Mums I treat for mastitis, fatigue and just about anything really.

**Kansha Natural Therapies** Noosaville [www.kansha.com.au](http://www.kansha.com.au) 5473 0724  
Diane has fertility experience

**Helen Morish**, Sunrise Beach ph 0402 449488 (see Trad Chinese Medicine below)

**Nadja Ostro**, The Light Acupuncture Centre, Tewantin and SC Private Hospital birth support  
0418 457076 [www.lightacupuncture.com.au](http://www.lightacupuncture.com.au)

**Juliet Scott**, Health at Seaside, Mt Coolum 5450 6885 [www.healthatseaside.com.au](http://www.healthatseaside.com.au)

**Amy Steinbeck**, Doctor of Chinese Medicine and Acupuncturist  
Maple Street Acupuncture, Cooroy  
Plus pregnancy massage, kiniesiology, counseling, hypnotherapy , NLP, naturopathic herbs, bush flower essences  
[www.maplestacupuncture.com.au](http://www.maplestacupuncture.com.au) ph 5442 5526

**Dylan Watson** BMBS Acupuncture and Chinese Herbs  
12 Williams Street Coolum Beach  
5471 6267 [www.bmbsacupuncture.com.au](http://www.bmbsacupuncture.com.au)

### AYURVEDIC & NATUROPATHY

**Wayne Celeban**, Healthy Directions M 0437 162677 [practitioner@healthydirections.com.au](mailto:practitioner@healthydirections.com.au)

## BOWEN THERAPY

**Jodie Dalrymple-Thompson** Midwife and Bowen Practitioner, Cooroy  
0412 503354

## CHIROPRACTIC

**Rosemary Keating** Noosa Family Chiropractic [www.noosafamilychiropractic.com](http://www.noosafamilychiropractic.com)  
Sunshine beach 5474 8338  
Free initial consultation, pregnancy and paediatric care, unsettled babies.

**Jodi Davis** One Chiropractic Health Peregian Beach 5471 3100  
[www.onechiropractichealth.com](http://www.onechiropractichealth.com)

**Julie Kowaleski** Adjust to Life 5/26 Sunshine Beach Rd Noosa Junction 5474 9947  
[www.adjusttolife.com.au](http://www.adjusttolife.com.au)

**Alison Leitch** Chiropractor and Acupuncturist Noosa Holistic Health Mary St Noosaville  
5449 7088 [www.noosaholistichealth.com](http://www.noosaholistichealth.com)

**Sonya Blanco** Noosa Acupuncture Clinic 0413 866 962 [www.noosaacupunctureclinic.com.au](http://www.noosaacupunctureclinic.com.au)

**Jessica Owen** at Coastlife Chiropractic Peregian 5471 2555

**Adam Roache** Life Enhancing Chiropractic Cooroy [www.lechiro.com.au](http://www.lechiro.com.au) 5472 0808

**Gray Moritz**, Family Wellness Chiropractic, Mountain Creek 5444 0711

Noosa Chiropractic, Thomas Street Noosaville 4449 9122 [www.noosachiro.com](http://www.noosachiro.com)

*We recommend that all new babies have a chiropractic check, particularly if they've had a difficult birth, forceps, vacuum or caesarean. Can improve colic/sleeping/digestive/breastfeeding issues.*

## HOMEOPATHY

**Carolyn Graham**, Noosa Homeopathic Clinic, Noosa Heads ph 5412 2702 M 0431 036495  
Treats mums, babies, young children from preconception, pregnancy, birth, postnatal, newborn including colic, reflux, teething, sleeping problems, feeding issues. Birth kits, excessive postpartum bleeding, depression, infertility, vaccination information.  
[www.noosahomeopathic.com.au](http://www.noosahomeopathic.com.au)

**Karen McElroy** Naturopath & Medical Herbalist [www.karenmcelroy.com.au](http://www.karenmcelroy.com.au)  
Noosa Holistic Health, Noosaville B 5449 7008 M 0411 889533  
Individualised birth and postnatal homeopathic kits, fertility, infant care.

## MASSAGE

**Cheryl Wrench** Noosa Heads and Cooran 0428 735592

**Outside In** Noosa Junction 5447 5499

**Kansha** Mary Street Noosaville 5473 0724

**Balance Noosa** mobile service 0408 003199

**Tatyana Pozar-Burger** Pure Balance, Noosa area 5474 5060 0421 285858

**Michelle English** 0402 628541

## NATUROPATHY

**Karen McElroy** Naturopath & Medical Herbalist, and Preconception/Fertility Care  
www.karenmcelroy.com.au

**Noosa Holistic Health**, Noosaville B 5449 7088

**Fertility Solutions Sunshine Coast**, Buderim B 5478 2482

M 0411 889533 info@karenmcelroy.com.au

Pregnancy Nutrition E-Book available on website

Medicinal herbal teas 100% organic incl. raspberry leaf, lactation tea

**Amina Eastham-Hillier**, Noosa Holistic Health, Noosaville B 5449 7088 M 0422 408450  
and Cooran Natural Therapies, 14 King Street Cooran ph 5485 1931 M 0422 408450

**Nikki Warren**, Peregian Naturopath and Natural Reproductive Care  
Naturopath and Medical Herbalist. Nikki uses an integrative approach to healthcare,  
incorporating scientific diagnostic testing methods with the use of natural therapies including  
nutritional and herbal medicine, lifestyle changes, exercise and stress management. ph 5448  
2001 M 0416 357 645 nikki@naturalreproductivecare.com.au

**Live Life Pharmacy Noosa Fair**, Noosa Junction 5447 4044 Open 7 days, near Coles

## OSTEOPATHY

**Skye Duncan**, Noosa Osteopathy at the Noosa Aquatic Centre  
5455 3882 www.noosaosteo.com.au

**Matthew and Maria Barrett**, Blueprint Osteopathy (biodynamic cranio-sacral technique)  
Peregian Beach 5329 8029 www.blueprintosteopathy.com.au

**Roger Kingston**, The Buderim Osteopath. Osteopathy, cranial osteopathy and kinesiology.  
1300 739345 www.buderimosteopath.com.au

**Jenny Morey** Family Osteopathy and Massage, Noosaville  
0473 667846

## WOMENS' HEALTH PHYSIOTHERAPY

**Alice Mackenzie** Womens' Health Physiotherapist and **Robin Kerr** Pelvic Floor and Lumbo-Pelvic Physiotherapist  
Integrated Pelvic Physiotherapy, Unit 2, 24 Lanyana Way Noosa Junction [www.ipphysio.com](http://www.ipphysio.com)  
5441 4764 [www.ipphysio.com](http://www.ipphysio.com)

**Caroline Kohl**, Musculoskeletal Physiotherapist  
Physiosync Shop 27, Noosa Junction Plaza, Noosa Junction 5448 0072  
Including real time ultrasound to check core muscle strength and awareness  
Antenatal and postnatal pilates classes

**Rebecca Steele**, Womens' Health Physiotherapist, Hinteractive Physio, 48 Elm Street, Cooroy  
B 5442 5556 E [hinteractivephysio.com.au](http://hinteractivephysio.com.au) [www.hinteractivephysio.com.au](http://www.hinteractivephysio.com.au)  
Stockist of Recovery Shorts [www.recoveryshorts.com.au](http://www.recoveryshorts.com.au)

**Helen Swift** Noosa Sports & Spinal Physiotherapy Goodchap St Noosaville 5449 0024  
[www.noosasportsphysio.com.au](http://www.noosasportsphysio.com.au)

**Tylana Woodward**, Pelvic Floor Physiotherapist  
Physio Noosa, Noosa Civic B 5455 5308 [www.physionoosa.com](http://www.physionoosa.com) [physionoosa@bigpond.com](mailto:physionoosa@bigpond.com)

Abdominal Rehab Core Rehabilitation Specialists [www.abdominalrehab.com.au](http://www.abdominalrehab.com.au)

## TRADITIONAL CHINESE MEDICINE + ACUPUNCTURE

**Helen Morish** M 0402 449488 30 years experience and specialises in all aspects of women's health, both physical and emotional, including pregnancy and IVF, using a combination of acupuncture, herbs, diet and lifestyle. Also teaches Qigong and meditation.  
[www.naturaltherapypages.com.au/therapist28686](http://www.naturaltherapypages.com.au/therapist28686)

## OTHER USEFUL RESOURCES

### BABY CARRIERS

Info on carrier and sling safety [www.productsafety.gov.au](http://www.productsafety.gov.au)  
[www.babycarrierindustryalliance.memberlodge.org](http://www.babycarrierindustryalliance.memberlodge.org)

Manduca baby carrier [www.manduca.com.au](http://www.manduca.com.au)  
Ergo baby carrier - beware of poor quality imitations!

### CAPSULE HIRE AND FITTING

Noosa Ambulance Service. They will also fit your capsule if you choose to buy one - this service may require booking ahead of time.

Hire for Baby. Brooke is an accredited fitter and will fit a capsule at short notice ph 5450 6833

### MARKETS

Noosa Kids and Baby Market, Noosa Leisure Centre, Noosaville  
Last Sunday of every month. \$2 entry and kids free. [www.noosakidsmarket.com.au](http://www.noosakidsmarket.com.au)

## POSTNATAL FITNESS

**Sunny Mums Body Boost** Noosaville Aimee Aird 0455 944580

## PHOTOGRAPHY

### **Katja Anton Photography**

www.katjaanton.com info@katjaanton.com 0438 709 354

### **Rebecca Colefax Photography** Pregnancy, during birth and postnatal photos

rebeccacolefax.com beck@traqua.com.au 0438 674584

Photos and stories on her blog [rebeccacolefax.com/blog](http://rebeccacolefax.com/blog)

**Francois Photography** 0421 551298 [facebook.com/francois.clement](https://facebook.com/francois.clement)

## PLACENTA ENCAPSULATION

Increases milk supply, reduces postpartum bleeding, replenishes iron levels, balances emotions. Natalie Stokell [www.placentavitality.com](http://www.placentavitality.com)

0424 578800 [placentavitality.com](http://placentavitality.com)

## SWIMMING CLASSES

### **Sharon Bryant, DiamondSwim School**

Free swim classes for mums/dads with babies from 2-6 months old at Good Shepherd College pool, Noosaville.

0439 766059 [sharonbryant@bigpond.com](mailto:sharonbryant@bigpond.com) [www.diamondswim2@bigpond.com](http://www.diamondswim2@bigpond.com)

Facebook Diamond Swim School

*Prepared by Karen Shlegeris, Fit for Birth. Updated January 2016*

*Details are correct at time of printing and regularly updated but are liable to change with time, so thank you for your patience. Please contact Karen if you have any amendments or additions to the list.*



**Karen Shlegeris**  
Grad. Dip. Childbirth Education  
[www.fitforbirth.com.au](http://www.fitforbirth.com.au)