



Northern Sunshine Coast Community Resources for Pregnancy, Birth & Parenting

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

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

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

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 Sunshine Coast University Hospital (SCUH), **birth** at SCUH with the hospital midwives. Specialist doctor is called if there are any complications.
- **Antenatal** visits with SCUH midwives at either the hospital or Bottlebrush Avenue Noosa, **birth** at SCUH with the hospital midwives. Specialist doctor is called if there are any complications.
- **Antenatal** care from a group of midwives from SCUH's Midwifery Group Practice, **birth** at SCUH by a known midwife from this group and **postnatal care** in your home.
- **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 SCUH 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** SCUH 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; 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 who you hire privately.

Sunshine Coast University Hospital at Birtinya
Antenatal Clinic 5202 4000 Birth Suite 5202 3888 Maternity Unit 5202 3555

Sunshine Coast Private Hospital at Buderim 5430 3303

Sunshine Coast Obstetricians - Internet search or GP referral

Midwives in Private Practice and Doulas - refer to lists below

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 Sunshine Coast University Hospital and/or Sunshine Coast Private 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.

COAST LIFE MIDWIFERY

Ali Broderick, Anne Moore, Allison Stephens at Maroochydore

Woman-centred 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- Allison Stephens
71 Blackall Terrace Nambour 5441 4882 www.coastlifemidwifery.com.au
admin@coastlifemidwifery.com.au

MIDWIFERY & LACTATION CARE **Brigid Feely** at Minyama

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

Terri Schaumberg Midwife in Maleny. Antenatal care, home and hospital birth, postnatal care.
5494 3657 0408 074522 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 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

Want to know more about homebirth?

www.knowyourmidwife.com.au/birth/homebirth-on-the-sunshine-coast-where-do-i-start/

Homebirth Queensland 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.

Bronwyn Arnold-Briggs Kindred Birth kindredbirth.com.au 0400 551977

Jodi Atkinson Flourish Mums and Bubs flourishmumsandbubs.com.au 0410 869168

Nadja Dinneen Nadja's Family Acupuncture nadjasfamilyacupuncture.com 0418 457076

Deborah Easthope Birds Bees and Bubbas birdsbeesandbubbas.com.au 0448 122 540

Carrie Jeff Joymamma joymamma.com.au 0402 595356

Esther-Maria Lindner Aparaba paraba.com 0423 949377

Cara McDonald Mama Cara mamacara.com 0429 444181

Karen Shlegeris Fit for Birth fitforbirth.com.au 0424 226490

CHILDBIRTH EDUCATION

Karen Shlegeris FIT FOR BIRTH

Childbirth and Breastfeeding Educator, Calmbirth® Educator
0424 226490 karen@fitforbirth.com.au www.fitforbirth.com.au

Tracey Browne Positive Beginnings Birth Preparation

Midwife, Calmbirth® Educator
0413 418858 traceybrowne@hotmail.com www.positivebeginnings.com.au

Pernille Powell Birth Connection

0406 412354 pernille@birthconnection.com.au

Your midwife, hospital or doula

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

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 Based in Brisbane.

Melissa Bruijn and Debby Gould e. 0410 408335

e. 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 Based in Perth.

e. convenor@birthrites.org m. 0422 592343

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

e. caresinc.org.au info@caresinc.org.au

CANAustralia.net

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

Sunshine Coast University 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 5202 4000 to book an appointment.

Education: You will receive some breastfeeding education during your ante-natal visits with a midwife. There are also Breastfeeding Classes available for birthing women and couples.

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 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/

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 or Judy @ Mountain Creek ph 5477 6375 or 0420 700071

PRIVATE LACTATION CONSULTANTS

BABYMOON HOME VISITS Lois Wattis 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

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

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 facebook/Coastal mums and bubs

COAST LIFE MIDWIFERY

Allison Stephens - Midwife, Lactation Consultant B 5441 4882

Josie Greaves Midwife and Lactation Consultant M 0429 409735

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

MILK SUPPLY NOOSA Kelly Rechten Mobile breastfeeding support
[@milkupplynoosa](https://www.instagram.com/milkupplynoosa) 0474 114784

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
M 0423 949 252 E info@themilkmeg.com www.themilkmeg.com

BREASTFEEDING COUNSELLOR AND BIRTH/ POSTPARTUM DOULA

JODI ATKINSON Flourish Mums and Bubs 0410 869168

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

www.breastfeedingconsultant.com Robyn Thompson of The Thompson Method

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

Boobin' by day, Boobin' by night by Meg Nagle, Sunshine Coast Certified Lactation Consultant

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 0404 857272

Bridget Ingle in Aspley, Brisbane 0417 190878

Some of the paediatricians at Sunshine Coast University 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.

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

Baby Massage

FLOURISH MUMS AND BUBS Jodi Atkinson www.flourishmumsandbubs.com.au

Baby settling/Sleep

LISA CAMPBELL Sensitive Sleep Solutions Sunrise Beach 0407 441 804

CALM BABY SOLUTIONS Julee Davenport Brisbane www.calmbabysolutions.com
1300 243396

CHILD HEALTH (See below)

DUSK TILL DAWN SLEEP CENTRE Tewantin 5455 6622 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

SETTLE PETAL Jan Murray 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

SUNNYBUBS Julie 0400 839914 www.sunnybubs.com.au
In-home postnatal service for baby care, settling, lactation advice and more

Birth Debriefing, Birth Healing, Belly Casting

Pernille Powell BIRTH CONNECTION
0406 412354 www.birthconnection.com.au

Karen Seville KNOWLEDGE WITHIN
0410 075044 www.knowledgewithin.com.au

Karen Shlegeris FIT FOR BIRTH
0424 226490 www.fitforbirth.com.au

Erin Barry Circle Wellness Peregian Beach 5471 2201

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 Cooroy

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

Beyond Blue 1300 224636 www.beyondblue.org.au

Community Child Health 5319 4824

Cooroy Family Support Centre 5447 7747

COPE www.cope.org.au

Erin Barry Psychologist, Circle Wellness Clinic, Peregian Beach 5471 2201
www.circlewellness.com.au

Parentline 1300 301300

Relationships Australia Noosaville 1300 364277 www.relationships.com.au

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

Sunshine Coast Clinical Psychology Alex Ramirez Noosa Junction 5479 1212

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

Your Connected Life Kate Leiper, Counsellor and Psychotherapist for pregnancy, birth and postnatal 0407 777304 kate@yourconnectedlife.com.au www.yourconnectedlife.com.au

Depression - Antenatal and Postnatal + Psychology

Beyondblue 1300 22 4636 infoline@beyondblue.org.au www.beyondblue.org.au

PANDA Post Ante Natal Depression Association 1300 726306 Mon-Fri 9am-7pm
www.panda.org.au

PND Centre and support group www.sunshinecoastpnd.com.au
Lisa Lindley Psychologist 0417 540820 5309 6128

Dr Mataji Kennedy Psychologist Gaining Momentum, Tewantin
Specialising in postnatal depression, pre and postnatal pregnancy care, birth trauma.
0414 301237 www.gainingmomentum.com.au

Michele Hill Noosaville 0402 156318

Erin Barry Circle Wellness Peregian Beach 5471 2201

Grief Support and Counselling

SIDS 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
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

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

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
Australia 1300 886499 www.amba.org.au

Paediatric Physiotherapy

Anushka Kimmerly Delayed developmental milestones, gross motor skills, running, jumping, climbing, restlessness, concentration problems. Noosa Physio Centre.
0438 158375 or 5447 3312 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

Vaccination Information

Immunise Australia Program www.immunise.health.gov.au

Australian Vaccination Network 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

Freda Dunn Acupuncture and Natural Therapies (incl. naturopathy, herbs)
Doonan 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 meherclinic@universal.net.au

Emma Iwinska 0431 946366
Gentle Japanese style of acupuncture

Kansha Natural Therapies Noosaville www.kansha.com.au 5473 0724
Diane has fertility experience

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

Nadja Ostro, Nadja's Family Acupuncture, Eumundi and Buderim
0418 457076 www.nadjasfamilyacupuncture.com

Juliet Scott, Health at Seaside, Mt Coolum 5450 6885 www.healthatseaside.com.au

Amy Steinbeck, Doctor of Chinese Medicine and Acupuncturist
Maple Street Acupuncture, Cooroy
Plus pregnancy massage, kinesiology, counseling, hypnotherapy, NLP, naturopathic herbs, bush flower essences
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

AYURVEDIC & NATUROPATHY

Wayne Celeban, Healthy Directions M 0437 162677 practitioner@healthydirections.com.au

Heidi de Wald Life in Balance Ayurveda and Yoga 5455 5050

BOWEN THERAPY

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

CHIROPRACTIC

Rosemary Keating Noosa Family Chiropractic www.noosafamilychiropractic.com
Sunshine beach 5474 8338
Free initial consultation, pregnancy and paediatric care, unsettled babies.

Dr Janelle Van Kalken Vitality Place Yandina Creek 0473 239355 www.vitality.place

Jodi Davis One Chiropractic Health Peregian Beach 5471 3100
www.onechiropractichealth.com

Julie Kowaleski Adjust to Life 5/26 Sunshine Beach Rd Noosa Junction 5474 9947
www.adjusttolife.com.au

Alison Leitch Chiropractor and Acupuncturist Noosa Holistic Health Mary St Noosaville
5449 7088 www.noosaholistichealth.com

Sonya Blanco Noosa Acupuncture Clinic 0413 866 962 www.noosaacupunctureclinic.com.au

Jessica Owen at Coastlife Chiropractic Peregian 5471 2555

Adam Roache Life Enhancing Chiropractic Cooroy 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

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

Karen McElroy Naturopath & Medical Herbalist 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

Heidi de Wald Life in Balance Noosaville 5455 5050

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

Michelle English Essenchelle Massage 0402 628541 essenchellemassage.com.au

Soul and Skin Spa Peregian Beach Kahuna style 5448 3484

Kimberlee Newman-Tyler Noosaville Hawaiian Lomi Lomi
essentialbodywork.com.au 0414 774069

NATUROPATHY

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

Noosa Holistic Health, Noosaville B 5449 7088

Buderim 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

Talita Sheedy Lahlita Natural Medicine 0418 164636 www.lahlita.com.au

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

NUTRITION AND HEALTH COACH

Jamielle Jacobs Live your own fit 0402 647646 liveyourownfit.com

Nutrition Educator and Coach, Clean Recipe Master and Fitness Specialist

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 kiniesiology.
1300 739345 www.buderimosteopath.com.au

Manuela Da Rin Sunshine Beach Osteopaths www.sunshinebeachosteopaths.com
5448 0481

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
5441 4764 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 www.hinteractivephysio.com.au
Stockist of Recovery Shorts www.recoveryshorts.com.au

Helen Swift Noosa Sports & Spinal Physiotherapy Goodchap St Noosaville 5449 0024
www.noosasportsphysio.com.au

Tylana Woodward, Pelvic Floor Physiotherapist
Physio Noosa, Noosa Civic B 5455 5308 www.physionoosa.com physionoosa@bigpond.com

Abdominal Rehab Core Rehabilitation Specialists 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

OTHER USEFUL RESOURCES

BABY CARRIERS

Info on carrier and sling safety www.productsafety.gov.au
www.babycarrierindustryalliance.memberlodge.org

Manduca baby carrier 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

PHOTOGRAPHY

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

Francois Photography 0421 551298 facebook.com/francois.clement

Bronwyn Arnold-Briggs 0400 551977 www.kindredbirth.com.au

PLACENTA ENCAPSULATION

Increases milk supply, reduces postpartum bleeding, replenishes iron levels, balances emotions. Natalie Stokell www.placentavitality.com
0424 578800 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 www.diamondswim2@bigpond.com

Facebook Diamond Swim School

Noosa Aquatic Centre 5448 0288

Prepared by Karen Shlegeris, Fit for Birth. Updated November 2017.

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
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www.fitforbirth.com.au