



## 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

<https://www.qld.gov.au/health/children/pregnancy/birth-centres>

<https://www.pregnancybirthbaby.org.au/options-for-where-you-give-birth>

## 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.

Around 1 in 3 babies in Australia are born by caesarean. This is higher than the rate in many other developed countries. This rate is also increasing, both in private and in public hospitals, although you are more likely to have a caesarean in the private sector.

[pregnancybirthbaby.com.au](http://pregnancybirthbaby.com.au)

Caesarean rates are higher in private hospitals than in public hospitals. There have been several reasons suggested as to what may be contributing to this, including:

- women who give birth in private hospitals tend to be older
- an obstetrician-led model of care leads to more intervention than a midwifery-led model of care
- women who've conceived through IVF may be more likely to give birth in private hospitals, and they may feel they're already on a highly medicalised path
- women who choose to give birth in private hospitals may be more risk-averse and view caesareans as less risky, and more in their control, than vaginal birth

When you're thinking about the pregnancy, labour and birth care you want, you can ask what the caesarean rates are for the doctors and hospitals you're considering.

<https://www.babycenter.com.au/>

## 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 Buderim Private Hospital (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 Buderim. 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 5202 0000  
Antenatal Clinic 5202 4000 Birth Suite 5202 3888 Maternity Unit 5202 3555  
[https://www.health.qld.gov.au/\\_\\_data/assets/pdf\\_file/0029/393347/schhs\\_congratulations\\_maternity\\_book.pdf](https://www.health.qld.gov.au/__data/assets/pdf_file/0029/393347/schhs_congratulations_maternity_book.pdf)

Buderim Private Hospital 5430 3303 <http://buderimprivatehospital.com.au/our-services/maternity>

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.

### **Ali Broderick, Anne Moore, Allison Stephens COAST LIFE MIDWIFERY**

Woman-centred pregnancy, birth and postnatal care. Continuity of care from a midwife you know and trust. Birth choices at home or hospital. Private visiting rights to SCUH. Collaborative care options with private obstetricians. Medicare rebates. Lactation Consultant- Allison Stephens  
Maroochydore 5443 5555 [www.coastlifemidwifery.com.au](http://www.coastlifemidwifery.com.au) admin@coastlifemidwifery.com.au

**Terri Schaumberg** Antenatal care, home and hospital birth, postnatal care.  
5494 3657 0408 074522 terri.sch\_midwife@bigpond.com

**Sylvia Jenkin SUNSHINE MIDWIFE** Pregnancy care, home and hospital birth, postnatal care.  
Admitting rights at SCUH and birth support at Buderim. Medicare rebates.  
0449 504609 [www.sunshinemidwife.com.au](http://www.sunshinemidwife.com.au) info@sunshinemidwife.com.au

**Elizabeth Jinks TROPICAL BABIES MIDWIFERY**  
0476 276 876 elizabethajinks@bigpond.com

## 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.

<https://www.bellybelly.com.au/birth/homebirth-in-australia/>

**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.

**Bronwyn Arnold-Briggs** [kindredbirth.com.au](http://kindredbirth.com.au) 0400 551977

**Jodi Atkinson** [flourishmumsandbubs.com.au](http://flourishmumsandbubs.com.au) 0410 869168

**Deborah Easthope** [birdsbeesandbubbas.com.au](http://birdsbeesandbubbas.com.au) 0448 122 540

**Michelle English** Student doula [essenchellemassage.com.au](http://essenchellemassage.com.au) 0402 628541

**Carrie Jeff** [joymamma.com.au](http://joymamma.com.au) 0402 595356

**Esther-Maria Lindner** [aparaba.com](http://aparaba.com) 0423 949377

**Cara McDonald** Student doula [mamacara.com](http://mamacara.com) 0429 444181

**Karen Shlegeris** [fitforbirth.com.au](http://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 www.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](mailto: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 fetal distress, cord prolapse or antepartum 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.

**Birth Connection** Pernille Powell  
0406 412354 [pernille@birthconnection.com.au](mailto:pernille@birthconnection.com.au)

**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

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.

[www.babycenter.com.au](http://www.babycenter.com.au) VBAC support group

## LACTATION SUPPORT AND INFORMATION

**Sunshine Coast University Hospital** Some but not all of the midwives are Lactation Consultants (LCs) and are available around the clock during your hospital stay. Following discharge home there is a home visiting service for all first time mothers and mothers with breastfeeding problems or whose babies have been in Special Care Baby Unit.

The hospital runs Lactation Clinics, 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 antenatal clinic on 5202 4000 to book an appointment.

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

**Buderim 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.

Clinics also held at Pomona, Cooroy, Coolum. To locate your nearest clinic phone 5319 4824

**Breast pump hire** Kelly Rehtin, Milk Supply Noosa 0474 114784

### **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/)

**Breast pump hire - ABA Sunshine Coast** Judy at Mountain Creek ph 5477 6375 or 0420 700071

## PRIVATE LACTATION CONSULTANTS

### **MILK SUPPLY NOOSA Kelly Rehtin**

Mobile breastfeeding service in the Noosa area  
Facebook milksupplynoosa 0474 114784

### **THE MILK MEG Meg Nagle**

Private Lactation Consultant, personal and skype consultations, contemporary local blog,  
free breastfeeding support and friendship groups  
www.themilkmeg.com Facebook themilkmeg 0423 949 252

### **COAST LIFE MIDWIFERY Allison Stephens**

Midwife, Lactation Consultant 5441 4882  
www.coastlifemidwifery.com.au

### **BIRTHJOURNEY Lois Wattis**

Clinical Midwife/Lactation Consultant at Sunshine Coast University Hospital  
Lactation Consultant in Private Practice. Home visits to Sunshine Coast to Gympie  
www.birthjourney.com 0404 857 272

New Baby 101 App and Book www.newbaby101.com.au

## BREASTFEEDING COUNSELLOR

### **JODI ATKINSON Flourish Mums and Bubs**

Birth and postpartum doula www.flourishmumsandbubs.com.au 0410 869168

## LACTATION RESOURCES

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

**www.breastfeedingconsultant.com** Australian The Thompson Method

**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*

**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

### **Assessment:**

**Bridget Ingle** Lactation Consultant and Orofacial Myofunctional Therapist in Aspley, Brisbane  
0417 190878 [www.bridgetingle.com.au](http://www.bridgetingle.com.au)

**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.

### **Treatment:**

**Dr Wei Shen** Wattle Street Dental, Cooroy [wattlestreetdental.com.au](http://wattlestreetdental.com.au) 5447 7669  
Works in conjunction with Kelly Rehtin, Lactation Consultant

**Enhance Dentistry** Milton, Brisbane 3217 6688 [enhancedentistry.com.au](http://enhancedentistry.com.au)  
Dr Marjan Jones & Dr Dan Hanson

### **Follow up care:**

See Osteopaths below

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.**

## POSTNATAL CARE AND SUPPORT

**In an emergency** always dial 000

**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 Massage

**HAPPY BUBBA BABY MASSAGE** 0438 435523 [happybubbababymassage.com.au](http://happybubbababymassage.com.au)

**FLOURISH MUMS AND BUBS** Jodi Atkinson [www.flourishmumsandbubs.com.au](http://www.flourishmumsandbubs.com.au)

### Baby settling/Sleep

**LISA CAMPBELL Sensitive Sleep Solutions** Sunrise Beach 0407 441 804

**CLAIRE ANDERSON Bubba Sleep** [bubbasleep.com.au](http://bubbasleep.com.au) 0406 690002

**CHILD HEALTH** (See below)

**ELLEN BARRON FAMILY CENTRE** Brisbane 3068 1111 or speak to your GP for a referral

**THE BRISBANE NURTURE CENTRE** North West Private Hospital, Everton Park 3246 3133

### Birth Debriefing, Birth Healing (see also Counselling etc below)

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

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

**Alex Ramirez** Noosa & Hinterland Psychology Doonan 5335 1662 0423 656719  
Psychologist, licensed Circle of Security Parenting educator, specialising in trauma (including traumatic births) with EMDR therapy. Registered. Medicare provider.

**PANDA** (see below)

**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*

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 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, Antenatal & Postnatal Depression, Psychology, Psychotherapy

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

**Australasian Birth Trauma Association** [www.birthtrauma.org.au](http://www.birthtrauma.org.au)  
[www.facebook.com/groups/birthtrauma.org.au](https://www.facebook.com/groups/birthtrauma.org.au)

**Beyond Blue** 1300 224636 [www.beyondblue.org.au](http://www.beyondblue.org.au) infoline@beyondblue.org.au

**Blackbird** Pregnancy and postnatal counselling Buderim and Caloundra  
0421 521518 [www.blackbirdcounselling.com.au](http://www.blackbirdcounselling.com.au)

**Community Child Health** 5319 4824

**Cooroy Family Support Centre** 5447 7747 Families, individuals, children, DV, grief & loss

**COPE** [www.cope.org.au](http://www.cope.org.au)

**Erin Barry** Psychologist, Circle Wellness Clinic, Peregian Beach 5471 2201  
[www.circlewellness.com.au](http://www.circlewellness.com.au)

**Pamela Pannifex** Psychotherapist, naturopath, holistic couples counselling Sunrise Beach  
0416 003026 [sunshineholisticcounselling.com.au](http://sunshineholisticcounselling.com.au)

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

**Parentline** 1300 301300

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

**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

**Noosa & Hinterland Psychology** Alex Ramirez Doonan 5335 1662 0423 656719  
Psychologist, licensed Circle of Security Parenting educator, specialising in trauma (including traumatic births) with EMDR therapy. Registered. Medicare provider.

**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)

*Grief Support and Counselling (see also Counselling etc above)*

**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)

**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

**Baby Sensory** Laura Parks [sunshinecoast-qld@babysensory.com](mailto:sunshinecoast-qld@babysensory.com) 0478 273218

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.  
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://www.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)



## COMPLIMENTARY 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, pregnancy and postnatal health care Twin Waters 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)

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

**Patricia Kowal** Noosa Holistic Health Noosaville [www.noosaholistichealth.com](http://www.noosaholistichealth.com) 5449 7088

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

**Sylvia Nadja's** Family Acupuncture, Eumundi and Buderim 0418 457076 [www.nadjasfamilyacupuncture.com](http://www.nadjasfamilyacupuncture.com)

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

### ALLERGIES/DIETICIAN

**Justine Urbahn** Sunshine Coast Family Dietician Minyama 5445 6145 Allergies etc.

**Dr Alison Cunningham** GP Sippy Downs [oceanfamilymedicine.com.au](http://oceanfamilymedicine.com.au) 5477 0644

**Prof Pete Smith** Qld Allergy Services Southport Gold Coast [qldallergy.com](http://qldallergy.com) 5591 5744

**Lady Cilento Hospital** Dr Jane Peake Brisbane 3068 1370

**Peta Adams** Sunshine Coast Dietetics Tewantin 5479 4363 [sunshinecoastdietetics.com.au](http://sunshinecoastdietetics.com.au)

### AYURVEDIC & NATUROPATHY

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

**Heidi de Wald** Life in Balance Ayurveda and Yoga 5455 5050 [yourlifeinbalance.com.au](http://yourlifeinbalance.com.au)

## BOWEN THERAPY

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

## CHIROPRACTIC

**Rosemary Keating and Liana Christian** 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 Maroochydore, Pomona 0473 239355 www.vitality.place

**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](http://www.noosaacupunctureclinic.com.au)

**Jade Fabish** Thrive Chiropractic Co Peregian Beach 5373 8611 www.thrivecc.com.au

**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

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

**Heidi de Wald** Life in Balance Cooroy 5455 5050

**Bianca Lopes** Noosa Holistic Health Noosaville 5449 7088

**Andrea Lopez** Mayan Abdominal Massage (safe for pregnancy) Eumundi 0422 410227

**Michelle English** Essenchelle Massage Maroochydore and Nambour 0402 628541  
essenchellemassage.com.au

**Jenny Battiato** Alchemy in Motion, Noosa Junction 5474 9093

**Bec Mills** Noosa Sports and Spinal Physiotherapy Noosaville 5449 0024

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

**Kansha** Mary Street Noosaville 5473 0724

**Balance Noosa** mobile service 0408 003199

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

**Soul and Skin Spa** Peregian Beach Kahuna style 5448 3484

## 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

**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

## OSTEOPATHY

**Skye Duncan**, Noosa Osteopathy at the Noosa Aquatic Centre  
5455 3882 [www.noosaosteo.com.au](http://www.noosaosteo.com.au)

**Megan Smart** Bodywise Noosa 0488 269417

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

**Roger Kingston**, The Buderim Osteopath. Osteopathy, cranial osteopathy and kiniesiology.  
1300 739345 [www.buderimosteopath.com.au](http://www.buderimosteopath.com.au)

**Manuela Da Rin** Sunshine Beach Osteopaths [www.sunshinebeachosteopaths.com](http://www.sunshinebeachosteopaths.com)  
5448 0481

### WOMENS' HEALTH PHYSIOTHERAPY

**Alice Mackenzie** Womens' Health Physiotherapist  
Alchemy in Motion, Unit 2, 24 Lanyana Way Noosa Junction [www.alchemyinmotion.com.au](http://www.alchemyinmotion.com.au)  
5474 9093 **10% discount on all services for Fit for Birth clients**

**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)

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

Body & Birth Physiotherapy Brisbane [www.bodyandbirthphysio.com](http://www.bodyandbirthphysio.com) Excellent information

### 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!

### BABYSITTING

Nannies of Noosa [nanniesofnoosa.com](http://nanniesofnoosa.com) 1300 659619

### 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 0438 390999 and 0410 639973  
Second Sunday of the month at Sunshine Beach State School \$2 entry and kids free.  
[www.noosakidsbabymarket.com.au](http://www.noosakidsbabymarket.com.au)

### ORGANIC HAIRDRESSER

Samantha Brown Si Organics Noosa Heads 0429 794610 [siorganicsnoosa.com](http://siorganicsnoosa.com)

### PHOTOGRAPHY

**Rebecca Colefax Photography** Pregnancy, during birth and postnatal photos  
[rebeccacolefax.com](http://rebeccacolefax.com) [beck@traqua.com.au](mailto:beck@traqua.com.au) 0438 674584  
Photos and stories on her blog [rebeccacolefax.com/blog](http://rebeccacolefax.com/blog)

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

**Cara McDonald** 0429 444181 [www.mamacara.com](http://www.mamacara.com)

### PLACENTA ENCAPSULATION

Increases milk supply, reduces postpartum bleeding, replenishes iron levels, balances emotions.

**Natalie Stokell** [www.placentavitality.com](http://www.placentavitality.com) 0424 578800

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

**Deborah Easthope** [birdsbeesandbubbas.com.au](http://birdsbeesandbubbas.com.au) 0448 122 540

## 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

**Swim 1 Swim School** Coolum Beach 5446 1982 [www.swim1.com.au](http://www.swim1.com.au)

*Prepared by Karen Shlegeris, Fit for Birth. Updated September 2018*

*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)**