

Please tick (✓) whichever applies

Hospital Birth Centre Home

Details:

Midwife Doctor

Approx Due Date:

Baby 1st 2nd 3rd 4th Other

To help me gauge the needs of class participants I find it helpful if applicants complete the following questions:

1. Give a brief description of any previous childbirth experience(s):

.....
.....
.....

2. Have you had any problems/complications in this pregnancy?

.....
.....
.....

3. How did you hear about Transition into Parenthood Classes?

.....
.....
.....

- Want more information?
- Want a full list of all available dates?
- Want details of each course offered?

Visit www.julieclarke.com.au



Transition
into Parenthood

ABN 5372 904 2626

Active
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calmbirth[®]
developed by
Peter Jackson

Sylvania

Preparation for Childbirth

calmbirth[®] imparts the knowledge of birth preparation techniques such as relaxation, visualisation, breathing, positive imagery, attitudes/expectancy to achieve a rewarding, easier, more comfortable stress-free birthing experience.

Registered practitioner Julie Clarke
9 Withybrook Place, Sylvania.
(Just 20 mins south of the airport)

For enquiries of dates, available times and bookings, phone 9544 6441
email: julie@julieclarke.com.au
website: www.julieclarke.com.au
(Ask Julie about special discount rates)*

