

# Julie Clarke



Sydney's most comprehensive  
and best-value birth and  
parenting preparation courses  
for pregnant couples



[www.julieclarke.com.au](http://www.julieclarke.com.au)



# TRANSITION INTO PARENTHOOD

**Who is Transition into Parenthood designed for?** Pregnant couples who are...

- ✔ Looking for a more comprehensive antenatal course than offered at hospitals
- ✔ Looking for a small group, boutique course
- ✔ Looking for course flexibility (1-day or 2-days)
- ✔ Planning a normal birth (Session #1 and #2)
- ✔ Planning a c-section (Session #2)
- ✔ It's a jam-packed course covering everything pregnancy, birth, and baby care

## What is Transition into Parenthood?

Transition Into Parenthood is a 1-day or 2-day course for pregnant couples wanting to develop practical skills and knowledge to begin their parenting journey with confidence.

**Session #1:** Covers labour and birth, active birth positioning, partner support skills, and includes a special focus on techniques for keeping birth normal and minimising the use of medical intervention when appropriate.

**Session #2:** Perfect for both couples planning a normal birth and planning a c-section. It includes all practicalities of baby care, the first weeks with a newborn, breastfeeding, settling and parenting.



Covers all the essential labour and birth support strategies, practical self-help for women and their partners; “must know” facts and “how to” aspects of birthing and all baby care.

### What will you learn in the Transition into Parenthood course?

- ✓ All the factual details to prepare pregnant women and their partner for the normal course of labour and birth
- ✓ How to identify the phases of labour; pre or true labour. How to know if the waters have broken.
- ✓ Self-help measures a woman can do in labour to make it quicker, more comfortable and easier
- ✓ Partner support skills that ALL women wish their partner had a handle on
- ✓ How to work as a team with the hospital staff
- ✓ What midwives want you to know
- ✓ Solutions to common problems which may occur during labour, e.g. posterior
- ✓ What happens after the birth, what to expect for the remainder of your hospital stay
- ✓ Coming home; ideas, tips, tricks, resources
- ✓ The first 12 weeks; breastfeeding, sleep, settling, calming, nappies, bathing, fun and play
- ✓ How to identify issues and situations not covered in typical baby care books, or general courses and not general knowledge

Pregnant couples will feel empowered and confident when they've complete this amazing, informative course. **Online bookings are available.**

Many couples do The Ultimate Course Package, which includes both the popular courses, Transition into Parenthood and Mindful Hypnobirth. By registering for both, you save \$50.





# MINDFUL HYPNOBIRTH

## Who is Mindful Hypnobirth designed for?

Pregnant couples who are...

- ✔ Wanting to learn breathing, relaxation, and visualisation techniques for birth
- ✔ Wanting to plan for a calm, mindful birth
- ✔ Looking for a small group, boutique course
- ✔ Book for 25-35 weeks, however you are welcome earlier or later
- ✔ Wanting a popular and highly recommended course and facilitator

## What is Mindful Hypnobirth?

The New Mindful Hypnobirth Course by Julie teaches the belief that woman can experience birth through the natural flow and rhythm of their labouring body; to release birthing over to their mind and body and to trust their body to function as it was intended to.

The course explains the instinctual mind and body connection in childbirth and how a woman's emotional state influences the birth both mentally and physically.

The program is founded on research from neuroscience, midwifery, obstetrics and epigenetics; and uses the extensive understanding of the relaxation response and its influence on birth.



Creating calmness using breathing, relaxation, and visualisation skills for labour and birth.

## What will you learn in the Mindful Hypnobirth course?

- ✓ Evidenced based, effective breath awareness techniques to use in labour
- ✓ How to work with the anatomy and physiology of normal birth, for a quicker, easier birth for mother and baby
- ✓ Understand why mindset, attitudes, intentions, expectancy and imagery can make all the difference to birth experience outcomes
- ✓ The physical and emotional roadmap of the birth experience
- ✓ Guidance for partners on how to reduce her anxiety, self-doubt and enable her to be uninhibited during labour
- ✓ Partners learn what to say and what not to say

Switch anxiety, fear, self-doubt, worry into confidence, knowledge, understanding, empowerment and self-awareness.

Julie's courses will enhance your relationship as a couple, bonding and working as a team throughout pregnancy, birth and beyond.

Quick and easy online bookings are available.



See our epic 5 star reviews on Google & Facebook.

Many couples do The Ultimate Course Package, which includes both the popular courses, Transition into Parenthood and Mindful Hypnobirth. By registering for both, you save \$50.





# DOULA ACADEMY OF AUSTRALIA

Love everything birth and babies?

Are you considering becoming a Doula to help pregnant couples through their pregnancy, birth, and beyond?

The Birth and Post-Natal Doula Training Course offers multiple options to suit your schedule and learning preferences, including a fully home study online option for those from interstate.

For dates and details, please visit my website or give me a call on 0401 265 530.

*"I have found Julie to be super helpful and very friendly. Even though we have never actually met I find I can ask her anything. I am finding the course easy to follow, enjoyable and possible to fit into my everyday life even with 8 kids! The enrolment form was quite interesting and different in a good way. Really happy I found this course."* - **Angeline Walker**



## PRAISE FROM PARENTS

*"My husband and I had a great experience at Julie Clarke's Birthing Classes. As first time parents we didn't know much but after the 2 days we feel much more confident about the birth process and empowered about our decisions. Definitely recommend!"*

- **Candice Wells**

*"My partner and I chose Julie's course after seeing the amazing reviews and knew we couldn't go wrong. From a mans perspective, I am now far more confident about being involved and better able to provide support to my partner through the birth and advocating for how we want our birth experience to be. Thanks Julie!!!!"*

- **Tony Green**

**Visit my Google page to read more 5 Star Reviews**



## POST-BIRTH BABY SUPPORT

Julie Clarke offers a very special baby care support service, **exclusively** for couples who have attended both the Mindful Hypnobirth and the Transition into Parenthood courses. Baby Care Support Service provided in your own home or via Skype for convenience and ease.

### What can Julie help with?

- ✓ Sleeping issues of all kinds
- ✓ Breast-feeding, problems such as positioning and attachment, over-supply
- ✓ Relaxation baby bathing technique, baby massage, settling and calming techniques
- ✓ Stimulating development through play
- ✓ Food - introducing solids, cup feeding, etc.
- ✓ Any questions or issues you have



## CRONULLA PRAM WALKING GROUP

Another **exclusive service** for couples who have attended both the Mindful Hypnobirth and the Transition into Parenthood courses.

### Positive, supportive, and non-judgmental

Attending this group will be the highlight of your mid week hump, making new friends, being listened to, gathering great new ideas, having a laugh, fresh air, sunshine, happiness. The chat during the walk will focus on any “mum” topic: babies, sleep, stress, pelvic floor, health, sex, recovery, strength, fitness, nourishment, relationships, challenges, and more.

Weekday mornings, 7:15am for a 7:30am start. Visit the website for more details or text Julie on 0401 265 530 to let her know you are keen to join in.



Happy Hello I'm Julie Clarke

Birth & Parenting Educator  
Birth Doula Trainer  
Post-Natal Doula Trainer

 0401 265 530

 [julie@julieclarke.com.au](mailto:julie@julieclarke.com.au)

I love empowering couples so that their initial fear and worry melts away as they immerse themselves in one of my courses.

I have facilitated professional Childbirth and Parenting education workshops for over 30 years. As a Doula, I've successfully attended over 150 births. I also have 12 years of experience in one of the largest teaching hospitals in NSW as an educator.

Craving for you and your partner to be informed and empowered? I welcome you to get in touch, or visit my website for dates and details.

Quick and easy online bookings, link below.



**Julie  
Clarke** 

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