

Julie Clarke

Independent Childbirth
and Parenting Educator



About Julie's credentials



Transition into Parenthood courses for all
pregnant couples



Mindful Hypnobirth Courses for all
pregnant couples



Why aim for the best option:
Ultimate course booking



Birth and Post Natal Doula Training course



Call / Text 0401265530



email julie@julieclarke.com.au



www.julieclarke.com.au



[julieclarkebirthdoulacoachau](https://www.instagram.com/julieclarkebirthdoulacoachau)



[AustralianBirthDoulaTrainingCoursesInSydney](https://www.facebook.com/AustralianBirthDoulaTrainingCoursesInSydney)

Post-Birth Support

“Calm the Newborn” Sessions

- Session to help new families in the first few weeks/months.
- Come along and bring their newborn to identify best calming/settling techniques.
- Held in the morning for 2 hours at Julie's venue in Sutherland.
- Limited places available.
- Cost only \$200 per family, discount available.
- Visit the website for dates and details as this may be subject to change.
- **Bookings Essential** use website to secure your place or call Julie on 0401265530

Baby Care Support Service

Struggling to cope at home with the new baby during the early days/weeks?

Would you prefer an “In Home” service to match your actual needs?

- Personalised session in your home or via Skype if preferred for convenience and ease.
- Sessions can range from one hour to more, depending on preference.

Julie is able to assist with:

- Guidance to read the baby's signals and body language
- Sleeping issues of all kinds
- Breastfeeding concerns
- How to include the new dad into daily routines
- What to expect coming up over future weeks/months
- How to handle colic episodes, ideas to minimise gastric reflux, dealing with cluster feeding
- Ways to adapt to the transition to parenthood and create a calmer atmosphere for the family.

Cronulla Pram Walking Group

For Mothers and Babies - FREE

- Held weekday mornings from 7.15am
- See website for details or call 0401265530



Become a Birth and Post Natal Doula

Training options:

- Self paced Home Study or
- Small groups at Julie's Sutherland venue

Interstate students are advised the affordable Home Study option (or) the 5 days intensive training works well.

Local accomodation options make the 5 days straight immersive experience worthwhile.

See website for all dates and details
www.becomeabirthdoula.com.au



Pregnant? Having A Baby?

It's an exciting time when you want to feel ready, prepared and organised for the wonderful birth of your beautiful new baby.



Looking for quality guidance
and services to support you
in your journey?

Here you'll find preparation courses for you and
your partner to help you feel informed together.

Julie
Clarke

Transition into Parenthood Birth/Baby Care Course

Ideal for all pregnant couples from 28 weeks

Small group size

Fun atmosphere, relaxed, eat and drink all day

Evidenced based, safety focused information

Flexible choice: Select either 1 day super condensed or 2 day condensed



SESSION 1: What to expect in last weeks of pregnancy, what to pack, how to identify labour, how to respond, partner's help and support, things to say/not say, best options, when to go to the birth suite, positions and strategies for birth, how to avoid trauma and intervention, solution focused ideas.

SESSION 2: Beyond the birth, first hours and days, feeding, sleep, calm the crying, nappies, bathing, massage, swaddling and settling, how to read baby's signals and sounds, what's normal/what's not, what to buy, how to adapt in the early days, being a team, partner's role and inclusion, tips, tricks to know prior to the birth to reduce stress afterwards.

Amazing take home course notes provided.

SAVE \$50 with the **Ultimate Course Package**

Popular selection online is the **Ultimate Course Package**, which includes both the courses: **Transition into Parenthood** and the **New Mindful Hypnobirth course**. Save \$50 when booking both. Wise Choice.



Scan here to book online



Scan here to read our epic 5 star reviews on Google



The New Mindful Hypnobirth Course

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

This is a 1 day course



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.

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

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.



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.