



Media Statement

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20 February 2009

To: David Johns /Yvonne Thompson
Editors: Fremantle Gazette / Weekend Courier

Expectant Dads get tailored antenatal course at Kaleeya

Simon Boccia of Port Kennedy is putting his experiences as a father of two young children, Lilly (2 years) and Mia (born Jan 7) to good use by leading a new antenatal class for Dads at Kaleeya Hospital in East Fremantle.

Simon, a primary school teacher, has other attributes - he was involved with a university study on the role a father plays in supporting new mothers who choose to breastfeed.

Therefore, it was a natural progression for him to lead the new class.

Dads will be able to learn how to support their partners during pregnancy, the birth and afterwards.

"Our baby Mia was born prematurely and we had no idea that was going to happen and were unprepared for the impact it had on our family including four weeks in hospital," Simon said.

The new class, named *Dads, Births and Babies*, will give fathers an opportunity to discuss any concerns they have.

"We discuss the ways that dads can be supported too and give them as much information as possible," Simon said.

Kaleeya Hospital's Manager of Midwifery services, Jill Banks, said Kaleeya Hospital had enhanced its antenatal education program to better prepare parents for the future and cater for a growing number of births at the hospital.

"We have also introduced afternoon sessions in addition to evenings and Saturday mornings," Ms Banks said.

Bookings to the following classes are essential (office hours on 9319 0300):

Physiotherapists will discuss posture and pregnancy and relaxation therapies for childbirth. A separate session will look at how Transcutaneous Electrical Nerve Stimulus (TENS) is used during labour. Child health nurses and midwives will lead the caring for new baby and early parenting session. Midwives are involved in the remainder of the sessions which include Labour and activities for birth, Breast Feeding, Pain Relief in labour, Dad's, Birth and Babies, Caesarean births, Refresher classes to update knowledge on labour, birth and parenting, Labour and a Parenting workshop on Saturdays.

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