



Baby Preparation for Expectant Parents

Is it for me?

Are you have a baby, then this is for you! This workshop has been specially designed for expectant parents. The information contained is logical, practical and easy to understand. This information and recommendations come from information that Paediatricians and Psychologists have known for years – and is proven to work. All expectant parents can gain huge benefits from this workshop.

If you would like to achieve better sleeping habits with your baby then this is for you!
If you would like to learn more about play, intelligence and how to boost your child to give them the best start in life, then this is for you! This is the best start you could give your baby or yourselves on the start of your journey into parenthood.

All couples who have done this workshop believe that “this is essential to parenting, that it would be best to do this before the baby arrives and wonder why no one has ever told them or shown them this information before”.

When do you suggest would be the best time to start the sessions, considering my due date? I recommend to couples that the best time is from 30 weeks onwards to do the sessions. It consists of two - 2 hr sessions, one week apart. You should be able to book in within a couple of weeks. It is best not to leave the sessions until the last few weeks as you become more uncomfortable physically and I would not like you to miss the information if your baby happens to arrive early.

When are appointments for sessions available? The sessions are done by appointment on a Tuesday or Thursday between 9.00am and 1.30pm. To make an appointment ph: 4725 4699 the reception staff can help you with my availability. If you are located elsewhere, the sessions can be organized in a combination of phone and email support, which has been very successful. Please email to info@babysmiles.com.au

Will it be just us? It is usually just you. The workshop consists of two - 2hr sessions, usually a week apart and this is done on an individual basis. So the time is made to suit you. However, sometimes if there is another couple wanting to do the workshop and they are at a similar stage in their pregnancy there may be two couples together, we will let you know if this is to be.

It is essential for both parents to be there? Where possible arrange for time off work as you both are parents and are learning how to manage a baby. Even if one person is going to be doing a greater share of the parenting, you both need to have the same approach, support each other and be able to discuss ideas or concerns together.

How much do the sessions cost? The cost is \$195 for the whole 4 hours, this is a discount of 60% off my standard fee, to encourage expectant parents to attend the sessions.



Do I need to bring my children with me? Best to leave older children with a friend or Grandma if possible so that parents can concentrate on the information and asking questions throughout the session.

How do I find you? Babysmiles is located in the Mater Medical Suites above Qld X-Ray, access is by lift down the side. We are in Suite 101 which is on Level 2 and through the glass doors.