

Interactive Workshops

Our **FREE workshops** provide you with hands-on experience and practical information from trusted, experienced professionals. Get interactive and have your questions answered.

Stand
B27

10.45 am Safe Sleeping Environment



This Safe Sleeping Environment Workshop from experts at Red Nose demonstrates techniques to safe sleep babies and toddlers in your care. Qualified midwives will demonstrate:

- How to dress your baby safely, including safe wrapping techniques, using wraps, sleep bags, and blankets
- How to set up a safe nursery
- How to set up a safe cot
- How to position your baby safely in the cot
- Ask the midwives: your safe sleeping questions answered

You will also have the hands-on opportunity to practice these techniques.

Duration: 30 minutes

Presented by: The Ambassadors from The Parentmedic Movement & Nicepak

More information: rednose.com.au



11.30 am or 1.45 pm Baby massage techniques



There are many ways babies may benefit from infant massage.

This introductory session will teach you how to recognise your baby's signals in regards to when they do (and don't) want massage, how to choose an appropriate oil for your infant or child and a basic stroke routine.

Learn about the wonderful benefits of massage for both parent and child in this 'hands on' and informative workshop. Bring your baby for a truly special bonding experience or practice on one of our lifelike baby dolls in readiness for your little one's upcoming arrival.

Come and experience our baby massage introduction workshop – the first 15 people attending the workshop will receive a FREE GAIA Natural Baby Goody Bag. If you are participating in the workshop with your bub (0-8 mths) you will also receive a FREE GAIA Natural Baby 50ml Massage Oil.

Duration: 30 minutes

Presented by: GAIA Natural Baby

More information: gaiaskinnaturals.com



12.15 pm First Aid: Choking



CPR Kids is about more than just First Aid. They are a group of paediatric nurses, who are passionate about empowering parents and carers with the essential skills of baby and child CPR & First Aid, including how to respond to common illness and injury.

CPR Kids will be giving two talks each day of Expo, with a focus on choking and CPR. They are passionate about giving parents and carers the confidence of knowing what to do.

Duration: 30 minutes

Presented by: CPR Kids

More information: cprkids.com.au



1.00 pm Play & Development



Our second antenatal class of the day focuses on all things labour:

- Advocacy and decision making.
- Stages of labour.
- Tools and coping strategies for labour
- Early labour and when to call your birth care provider.
- Active labour.
- Hormones of labour.
- Birth.

Duration: 30 minutes

Presented by: Karitane

More information: karitane.com.au



2.30 pm First Aid: CPR



CPR Kids is about more than just First Aid. They are a group of paediatric nurses, who are passionate about empowering parents and carers with the essential skills of baby and child CPR & First Aid, including how to respond to common illness and injury.

CPR Kids will be giving two talks each day of Expo, with a focus on choking and CPR. They are passionate about giving parents and carers the confidence of knowing what to do.

Duration: 30 minutes

Presented by: CPR Kids

More information: cprkids.com.au



3.15 pm Antenatal class: Your newborn



This interactive antenatal class allows you to be hands-on in preparation for your newborn:

- The first 3 days.
- Baby Blues.
- The first 6 weeks.
- Nappies, baby wrapping and settling techniques.
- Breast feeding.
- Sleep.
- Perinatal mental health.

Duration: 40 minutes

Presented by: Presented by Kylie - PBC Expo Midwife

