

Outline of Childbirth Education Sessions (Private)

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|--------------------------|---|--|
| Education Session | Birth & Parenting Group | |
| Description | <p>The series covers birth & parenting.</p> <p>Topics include normal childbirth, comfort measures during the birth process, common interventions during birth including epidural & caesarean birth, care of newborn, breastfeeding, transition to parenthood, community resources and a tour of the maternity unit.</p> <p>The workshop is facilitated by a midwife.</p> <p>Recommended time to attend is 4 - 5 weeks BEFORE your due date.</p> | |
| Delivery | 5 x Consecutive Week nights 7.00pm – 9.00pm | OR 2 x Consecutive Saturdays 9.30am – 2.30pm |
| Cost | <p>\$370</p> <p>A partial refund may be issued by your health fund. The amount will vary depending on your fund and level of cover.</p> | |

Please read the following information carefully:

- Send your form in as soon as you are 18 weeks. Places are limited and fill up quickly.
- Bookings will not be accepted before 18 weeks. We are not able to guarantee placement if you send the booking in late.
- Bookings may be sent by email or post to the addresses below.
- All confirmation of bookings will be by email. Please allow at least 7 days for confirmation of your booking.
- Please choose your dates carefully as rescheduling is not possible.
- Saturday sessions run for two consecutive weeks and it is not possible to split the dates.
- Your health fund policy may cover the cost of workshops upfront or you may be able to claim some of the cost back from your fund after the workshop is completed. As this varies between funds all fund members need to complete the payment details. If your fund covers the workshop upfront you will not be charged.
- All Defence Force bookings require an accompanying Defence approval form which is specifically for antenatal classes.
- All BUPA members must send a BUPA claim form with the booking form. If you are a BUPA member you do not need to complete the payment section as only the claim form is required. The claim form needs to have date of birth, fund details and a signature section completed.
- Some health funds do not issue any rebate for antenatal classes and all sessions are facilitated by a midwife. If you are not sure if you are covered for antenatal classes you may need to contact the fund and check prior to booking.
- Receipts are posted to you when your payment is processed.
- Refunds are only issued where a medical reason exists.

Northern Beaches Hospital

105 Frenchs Forest Road, Frenchs Forest NSW 2086

Phone: 02 9105 5000 | Email: nbhprivatebirthing@healthscope.com.au

ABN 83 722 380 020 | A Healthscope hospital.

Booking Form (Private)

| Education Session | Cost | Start Day & Date: | |
|---|-------|-------------------|--|
| Birth & Parenting Skills Workshop Saturday Sessions 9.30am – 2.30pm | \$370 | Day | |
| | | Date | |
| Birth & Parenting Skills Workshop Weeknight Session Wednesday or Thursday 7.00pm - 9.00pm | \$370 | Day | |
| | | Date | |

Personal Details (Please Complete All Fields)

| | | |
|---------------------------------|-----------------------|-----------|
| Title: | First Name: | Surname: |
| Name of Partner/Support Person: | | |
| Address: | | Postcode: |
| Doctor's Name: | Health Fund: | |
| Admission/Booking Number: | Due Date: / / | |
| Mobile Number: | Email: | |

Payment Details (Please Complete All Fields)

| | |
|--------------------------------|---|
| Payment Type: | Visa: <input type="checkbox"/> (1% Surcharge) |
| | MasterCard: <input type="checkbox"/> (1% Surcharge) |
| Name on Card: | |
| Card Number: / / / | Expiry Date: / |
| Amount Authorised: \$ | Signature: |

Office Use Only

| | |
|---------------|-----------------------------|
| Class Booked: | |
| Fee: | Date Processed: / / |
| Venue: | |

Please return with payment delivery details to:

Email: nbhprivatebirthing@healthscope.com.au
 Post: Northern Beaches Hospital Maternity Bookings
 105 Frenchs Forest Road (West), Frenchs Forest NSW 2086