

Maternity Services



# Becoming a Grandparent?

Not sure what to expect?

NORTH SHORE  
PRIVATE HOSPITAL

There have been many changes in how we care for women in pregnancy and birth and how parents care and nurture their new baby since your own baby was born.

## **An informal session is offered for new grandparents where topics are covered such as:**

- Trends and changes in pregnancy care and birth
- Roles and expectations of new dads
- What's new in breastfeeding
- Child Safety: How to childproof your home
- Sleeping baby safely
- Grandparents guide to new babies
- How to support the new parents in their transition to parenthood.

**The sessions are held once a month on a Tuesday morning 9.30am-12.30pm**

**Cost: \$40 per person**

**To book this session or to make enquiries, please telephone (02) 8425 3280 or email [nspbirth@ramsayhealth.com.au](mailto:nspbirth@ramsayhealth.com.au)**



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