

# Maternity Timetable

North Shore Private Hospital is committed to you and your baby. Our team of Clinical Educators, Midwives, Nurses and Lactation Consultants hold classes to provide information, reassurance, and practical instruction to support you.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9:00am</b> Physiotherapy Class	<b>9:00am – 10:00am</b> Settling and planning for discharge home.	<b>9:00am</b> Physiotherapy Class	<b>9:00am – 10:00am</b> Settling and planning for discharge home.	<b>9:00am</b> Physiotherapy Class	<b>9:00am – 10:00am</b> Settling and planning for discharge home.	
<b>10:30am</b> High Tea	<b>10:30am</b> High Tea	<b>10:30am</b> High Tea	<b>10:30am</b> High Tea	<b>10:30am</b> High Tea		
<b>11:00am – 12:00pm</b> Let's Discuss Feeding <i>(Mothers Only)</i>	<b>11:00am – 12:00pm</b> Let's Discuss Feeding <i>(Mothers Only)</i>	<b>11:00am – 12:00pm</b> Let's Discuss Feeding <i>(Mothers Only)</i>	<b>11:00am – 12:00pm</b> Let's Discuss Feeding <i>(Mothers Only)</i>	<b>11:00am – 12:00pm</b> Let's Discuss Feeding <i>(Mothers Only)</i>	<b>11:00am – 12:00pm</b> Let's Discuss Feeding <i>(Mothers Only)</i>	

*Note: Breastfeeding classes are mothers only.*

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**North Shore  
Private Hospital**  
Part of Ramsay Health Care