

## Australia's only accredited online antenatal and early parenting classes.

Nourish Baby provides expectant and new parents 24/7 access to evidence-based, engaging and easy to understand antenatal and early parenting education.

## ENDORSED

Recommended by obstetricians, midwives and child health nurses across Australia, Nourish is the only online provider accredited by the Childbirth and Parenting Educators of Australia and the Australian Council of Healthcare Standards. We are also recommended by COPE: Centre of Perinatal Excellence.

## FEATURES



Parents can learn at their own pace and revisit the information anytime they need – a valuable feature as new parents navigate some of the most common difficulties associated with newborn feeding and sleep.



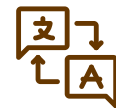
Each comprehensive lesson features videos, interactive graphics and learning activities, knowledge checks, bonus resources and more.

The 'parent story videos', feature real parents sharing their experience and perspective of pregnancy, birth and parenthood.



All courses adapt seamlessly to any device - from desktop to tablet to smartphone.

Content is also personalised according to mother's due date or baby's date of birth.



To support families from multicultural communities, the video content within our Pregnancy Health, Labour and Birth and Feeding courses, is also available in Arabic, Mandarin and Vietnamese.

Our breastfeeding video is also delivered with Punjabi and Hindi subtitles.



## BENEFITS

- **promotes** optimal pregnancy health (physical and emotional), positive birth experiences, breastfeeding and early parenting success;
- **minimises** pregnancy complications associated with poor health, reducing expensive and unnecessary hospital admissions;
- **encourages** women to understand the importance of normal and low intervention births and breastfeeding, including the positive impact these can have on the health and wellbeing of both mother and baby;
- **reduces** the likelihood of birth complications, longer hospital stays and readmission to breastfeeding clinics, early parenting centres and perinatal mental health support programs;
- **empowers** women to make informed decisions during pregnancy, birth and the first few weeks and months with their baby;
- **promotes** quality health outcomes for mothers and babies including violence prevention through appropriate education and awareness of available support services;
- **improves** the experience of perinatal education for women, including those from migrant and refugee backgrounds where English proficiency is low.

## Promotes positive maternal & child health outcomes

Results from an independent study conducted by Australian Catholic University with 294 past enrollees of Nourish Baby found:

### Parents who complete the Nourish Baby program report that it helped them feel:

- prepared for labour and birth, breastfeeding, and life with a new baby
- confident to make informed decisions
- less anxious about the journey ahead

### Parents who complete the Nourish Baby program report that it helped them feel more confident to:

- recognise what is normal and what is abnormal for themselves and their baby during pregnancy, birth, breastfeeding and the early postnatal period
- seek advice and care from a registered health care professional for themselves and/or their baby when something doesn't seem right

## Customised for your General Practice

Customisation extends to course content, branding, patient enrolment and the addition of complementary features such as patient support forums, live webinars and postnatal telephone support.

### SCHEDULE A DEMO

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- 🌐 [www.nourishbaby.com.au](http://www.nourishbaby.com.au)

