

ADVICE FOR PREGNANT WOMEN & NEW PARENTS

APPOINTMENTS

The Women's
Clinic appointments/cancellations phone 8345 3033
Reception phone 8345 2000

Sunshine / Joan Kirner Women's & Children's Hospital
If you are booked at JKWC phone 8345 1727
Option 1 - If you are in labour
Option 2 - Women's & Children's Specialist Clinics
Option 3 - Adult Specialist Clinics
Option 4 - Western Health Switch board
Option 8 - To hear the menu again

TELEHEALTH

Appointments by phone or video call [the midwife should tell you if your appointment can be conducted using Telehealth].

PREGNANCY

You may start to feel your baby move when you are around 18-20 weeks pregnant, as your baby grows, they will develop a pattern of movement. You will get used to how and when your baby moves & what is normal for your baby. Sometimes when you are busy you may not notice your baby move, take a rest and pay attention to your baby. If you feel like your baby's movement pattern has changed call your midwife or hospital to get your baby checked. Don't leave it until your next appointment.

LABOUR

You will experience a sensation of strong, regular, painful uterine contractions. They will build to a pattern of 3 to 4 contractions in a 10-minute period, lasting about 60 seconds with a rest of 90 seconds in between each sensation. When you experience a contraction pattern like this that lasts for about 2 hours this may indicate that your labour has started.

CALL THE HOSPITAL OR YOUR MIDWIFE/OR AN AMBULANCE 000

If you think your water has broken [it might be a gush, or a trickle], or you have bleeding from the vagina like your period, the baby is not moving as it normally does or you are experiencing pain that makes you worried. If you have water or blood coming from your vagina, make sure you put a pad on so that you can show the midwife when you arrive at hospital.

YOUR NEW BABY

Your newborn will sleep, feed and have wet and dirty nappies. They may feed up to 12 times in a 24-hour period. They will be awake and alert, feed, then sleep.

If your baby is too hot, not feeding, not having wet & dirty nappies, unsettled or is lethargic you should go to a doctor or call an ambulance [000].

COMMUNITY SUPPORT NUMBERS

North Melbourne - Maternal and Child Health Centre 9340 1444
Flemington - Maternal and Child Health Centre 9340 1444

PHONE HELPLINES

24-hour phone line Maternal and Child Health 13 22 29

Royal Children's Hospital 9345 5522

Perinatal mental health support - PANDA helpline 1300 726 306
[9am - 7.30pm]

Breastfeeding helpline 1800 686 268 [24 hr]

Pregnancy, Birth & Baby helpline 1800 882 436

Sexual assault, domestic & family violence counselling, information & referrals 1800RESPECT [1800 737 732]

Family violence support - Women's Health West First Response Team 9689 9588 or email fvassist@whwest.org.au

Australian Muslim Women's Centre for Human rights <https://ausmuslimwomenscentre.org.au/>

TRANSLATING & INTERPRETING SERVICE [TIS] - 131 450

Immediate phone interpreting (24 hours, every day of the year) You can call TIS to ask for an interpreter then make your call - for example to the hospital or the ambulance, the Coronavirus hotline or the Breastfeeding helpline.

NATIONAL CORONAVIRUS HOTLINE 1800 020 080

MULTILINGUAL RESOURCES FOR MIGRANT WOMEN

<https://www.mcwh.com.au/covid-19/>

FREE PREGNANCY AND BIRTH SUPPORT

Birth for Humankind 1300 073 086

Our volunteer doulas provide free pregnancy, birth & postnatal support and education services to pregnant women who are experiencing financial hardship and who meet at least one of the following criteria: Current or past mental health concerns; aged under 25; be experiencing or at risk of homelessness; be a newly arrived migrant [within 5 years]; be of refugee background or seeking asylum; current or historical substance misuse; experience of trauma, abuse, family violence; identify as Aboriginal and/or Torres Strait Islander; lacking a birth support person.

