

PULINGINA PAKATA

welcome baby

Pregnancy and child birth should be a joyful time for you and your baby, and we will help to make it so. Call us on 1800 132 260.

Aboriginal Health Service (Tasmanian Aboriginal Centre)

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Statewide Freecall 1800 132 260



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HAVING A BABY?

Excited? Or A Bit Worried?



It's your Aboriginal Health Service. Better health and wellbeing for the Aboriginal community in Tasmania.

A Special Time

Having a baby and being a parent can bring up all kinds of feelings: excitement, happiness, worry, fear, and nervousness. Through support, advice and group get-togethers our program aims to help women and families enjoy and make the most of this special time.

pulingina pakata Workers

You might like more information on what's happening to you and your baby while you are pregnant; help to get to your doctor and hospital appointments; or just a friendly chat on how things are going. Our workers are here for you and are able to visit at home, during pregnancy, in the hospital when your baby is born and after you go home.

Groups

As well as talking to you one-on-one, pregnancy workers organise regular group sessions. Getting together with other pregnant mums and mums who have just had their babies for information, fun and friendship can help to make your pregnancy experience all the more enjoyable. Talking with other mums can build confidence and knowledge.

Together We Will Answer Questions Like:

- For how long should I breastfeed?
- How do I cope on my own after I come out of hospital?
- What if I get depressed?
- What happens to baby if I smoke, drink alcohol or take drugs while I'm pregnant?
- Who will be at the birth with me?
- Will I have to stop going to school?
- Will I put on weight?
- What does it mean if baby cries a lot?
- How can I have time for the other children when I am looking after a baby?

You And Your Baby

And even if you have had babies before, there might be things you'd like to do differently next time. Your pregnancy can be a really happy time, and we'd like to help you make it one.

Child Health Nurse

We can arrange for a child health nurse to visit you when you go home from hospital to help you with baby in the early days, and provide child health checks and other support over the first years of your baby's life.