



parent.rescue



sleep.rescue

Expectant Parent Seminar Program

6.00 PM: **Registration and Sounds for Silence CD handed out** (Tea and Coffee on Arrival)

SESSION ONE: ANTENATAL-PREPARING FOR BUBS ARRIVAL

6.15 PM: GUESTS WELCOMED AND INTRODUCTIONS

6.25 PM: **New Parent Perspective and Emotions - Loren Tairi** (Human Resources Specialist)

6.35 PM: Questions and Answers

6.45 PM: **Taking Care of Yourself During Pregnancy, Your Baby and Beyond - Catherine Cervasio** (Dip Arom., Imi (Infant Massage Instructor), Presenter, Freelance Writer & Organic Baby Skincare Pioneer.)

7.05 PM: Questions and Answers

7.15 PM: **Natural Birth and Hypnotherapy - Alessandra Edwards** (Ba (Hons), Adv Dip (Nat), Cert Yoga Teacher, Cert Hypn Educator, Cert Ayur Couns)

7.40 PM: Questions and Answers

7.55 PM: **Take the 'Guess Work' out of What to Buy For Your Baby and Save Money - Gabrielle Russell** (Mothercraft Nurse, Post Graduate Pre Natal And Post Natal Care- Parent and Sleep Rescue)

TEA BREAK, COLLECTING SAMPLES FOR MOTHER AND BABY, NETWORKING (8.00-8.20 PM) SEMINAR PROGRAM

SESSION TWO: BEYOND BIRTH

8.20PM: **Paediatric Chiropractor - Dr Carrie Ann Gallagher** (Doctor of Chiropractic (USA), B. H Sc (Canada) Certified Clinical Chiropractic Paediatrics C.C.C.P-Being Well Health Care)

8.40PM: Questions and Answers

8.50PM: **Feeding Newborn - Carolyn Westall** (Maternal Child Health Nurse, Midwife-Peace Of Mind Parenting Support (PhD, MPH, Grad Dip Child and Family Health, RM, RN))

9.15PM: Questions and Answers

9.25PM: **Settling Baby - Gabrielle Russell** (Mothercraft Nurse, Post Graduate Pre Natal And Post Natal Care-Parent and Sleep Rescue)

9.45PM: Questions and Answers

9.55PM: **Post Natal Depression - Carolyn Westall** (Maternal Child Health Nurse, Midwife-Peace Of Mind Parenting Support)

10.15PM: Questions and Answers

10.25PM: DOOR PRIZES AND EVENT CONCLUSION