Your options for maternity care

In Queensland, there are four main options for where to have a baby:

* Public hospital
* Private hospital
* Home
* Public birth centre (NB The Sunshine Coast does not currently have a Birth Centre)

There is no one 'right' place for having a baby, and the best option for you may not be the best option for another woman. Thinking about the things that are most important to you when having your baby will help you to choose the best place for you. You may also like to talk with your partner, your support people, or your care providers when deciding where to have your baby.

The different options for where to have your baby are quite different from one another. When you choose where to have your baby, you are often also choosing things like:

- where you receive your pregnancy care (e.g., at home, in a hospital, in a community clinic)
- whether you have to travel for birth, and how far
- who provides your care during pregnancy and during labour and birth (e.g., midwives, doctors)
- what choices you have in how to birth your baby
- whether 'low intervention' birth is supported
- whether you have close access to certain procedures or services
- whether your support people are able to stay with you
- whether there are out-of-pocket costs for your care
- whether you have in-home care after birth
Birthplace is a tool that provides you with balanced and trustworthy information about all of the public hospitals, public birth centres and private hospitals where you can have a baby in Queensland. Birthplace provides information about location and contact details, types of care offered, care policies and practices, and other women's experiences of having a baby there. The information in Birthplace may help you to choose the best place for you to have your baby.

Explore your options here

www.havingababy.org.au/labour_and_birth_where_to_have_your_baby

www.havingababy.org.au/birthplace

What's the difference between midwifery care and obstetric care (often known as public or private care)?

An obstetrician is a medical doctor who specialises in the care of pregnant women from the time of conception through to childbirth and the immediate postnatal period. Obstetricians have surgical skills which enable them to perform caesareans when required. If you choose a private obstetrician you will have your antenatal appointments in his/her offices and may be seen at some visits by a midwife employed by the obstetrician. You will be cared for in labour by the hospital midwives and your obstetrician will be called in when the birth is imminent. If you obstetrician isn't on call another obstetrician will attend you. Obstetric care usually involves active management of birth i.e. more use of interventions and attracts a higher caesarean section rate, although some obstetricians are less likely to intervene than others.

A midwife is a trained health professional who helps healthy women during labor, delivery, and after the birth of their babies. Midwives' care includes detection of complications in mother and baby and will refer to specialist care when required. Women who choose midwives usually want very little medical intervention, and have had no complications during their pregnancy.

Public hospitals in Australia have lower rates of interventions such as inductions, epidurals and caesarean sections.

Of women who gave birth in Australian hospitals in 2009, around a third (32.6%) had a caesarean section delivery. The caesarean section rate of 42.5% for women in private hospitals was higher than for women in public hospitals (28.4%).

The overall caesarean section rate for women giving birth in Queensland hospitals (public or private) was 33.9%, which isn’t much higher than the national average. But Queensland tops the list for the highest rate of caesarean section deliveries in private hospitals, accounting for almost half of all births (47.9%).


OPTIONS FOR MATERNITY CARE ON THE SUNSHINE COAST - NOOSA TO NAMBOUR - BUDERIM AREA

- **Antenatal** shared care with your GP and Nambour Hospital, **birth** at Nambour Hospital with the hospital midwives. Specialist doctor is called if there are any complications.

- **Antenatal** visits with Nambour Hospital midwives at either the hospital or Bottlebrush Avenue Noosa, **birth** at Nambour Hospital with the hospital midwives. Specialist doctor is called if there are any complications.

- **Antenatal** care from your chosen obstetrician, **birth** at Sunshine Coast Private Hospital (SCPH) in Buderim with the hospital midwives, who are in contact with your obstetrician. Some obstetricians share care with midwives who provide antenatal care and midwifery care during labour. Your obstetrician may attend you during labour but most often will be called when you're in second stage (pushing stage) of labour to supervise the birth and immediately after. If your obstetrician isn't on duty when you're in labour, another obstetrician will attend to you.

- **Antenatal** care from your chosen midwife in private practice and **birth** at home.

- **Antenatal** care from your chosen midwife in private practice and **birth** in hospital at either Nambour Hospital or SCPH as your midwife or support person: some private midwives have visiting rights at the hospitals and can act as your midwife while there, and others will be your support person at the hospital in more of a support role, rather than a midwifery role.

- **Postnatal care** Nambour Hospital provides home care visits by midwives, Queensland Child Health provides breastfeeding and postnatal support for all women regardless of where they give birth as well as well baby checks, private obstetricians provide postnatal care for women who'vebirthed with them, paediatricians provide specialist care for newborns, GPs and midwives in private practice provide postnatal care for mothers and babies.

- In addition to your medical caregivers, **antenatal care, support during birth and in the early newborn period** can be given by a doula or a student midwife.

Nambour Public Hospital Antenatal Clinic 5470 6702
Sunshine Coast Private Hospital 5430 3303
Sunshine Coast Obstetricians - Internet search or GP referral
Midwives in Private Practice and Doulas - refer to lists below
A midwife is someone who is qualified to provide care to a woman during her pregnancy, childbirth and following the birth of her baby. Midwifery care focuses on normal pregnancy and childbirth and midwives work alongside other health professionals if complications arise.

Midwives in private practice provide a broad range of services to suit your needs, which may include helping you decide the best birth place for you, prenatal care in your home or at their premises, homebirth care or hospital birth support, postnatal home visits, lactation support, neonatal screening, prenatal and postnatal mothers’ groups and education. Services are available to women birthing in hospital or at home. Many services receive Medicare rebates.

Some midwives have access rights at Nambour Hospital which means they can act as your midwife if that's where you birth.
Some midwives share care with private obstetricians which means that they see you for some of your antenatal care and work as your midwife during your birth at the private hospital.
Some midwives can provide you with antenatal and postnatal care and work as your support person in hospital alongside the hospital midwives.

Overview of private midwives on the Sunshine Coast and information about midwifery continuity of care

www.sunshinecoastprivatemidwives.com

Jacqui du Lieu Midwife and Lactation Consultant in private practice
Medicare rebates apply with an obstetrician or GP referral.
Shared care with Kirsten Morrow and Kylie Isaacs.
0428 282891 jdulieu6@bigpond.com

KNOW YOUR MIDWIFE Mary Young, Josie Greaves, Erin Hawkins
Circle of Care Partnership. Private midwifery plus collaboration with Sunshine Coast Private Hospital, Nambour General Hospital, Caboolture Hospital and Gympie Hospital. Medicare rebates. 0400 901437 www.knowyourmidwife.com.au facebook/Know your midwife

MIDWIFERY & LACTATION CARE SUNSHINE COAST Brigid Feely

MY MIDWIVES CENTRAL SUNSHINE COAST AND HINTERLAND
Terri Schaumberg, Deyna Hopkinson, Anne Moore, Alison Broderick, Sara Farmer
Continuity of care through pregnancy, birth and post-birth. Midwives with hospital access rights, collaborative care with private obstetricians. Medicare rebates.
71 Blackall Terrace Nambour 5441 4882 www.centralsunshinecoast@mymidwives.com.au

Samantha Rouse
Independent Midwife. Antenatal care, Postnatal care, Continuity of care, Home birth, Breast feeding support in your home.
Appointment times to suit you. Weekends and evening appointments available. Medicare rebates and bulk billing apply for eligible clients.
0434 497 458 sammidwife00@gmail.com www.thehomebirthmidwife.com.au

SUNSHINE MIDWIFE Sylvia Jenkin
Midwife in Private Practice. Continuity of care for home births, Nambour Hospital births (admitting rights) and support at SCPH. Medicare rebates.
0449 504609 5351 1311 www.sunshinemidwife.com.au info@sunshinemidwife.com.au
**HOMEBIRTH**

The idea of a home birth often conjures up fear in the minds of many women in Australia who tend to associate it with being "risky" and with not being able to have pain relief.

However, increasing numbers of women are choosing home birth when they find out how much more in control women feel when they birth at home, or when they discover the increasing amount of medical research which shows that homebirth is as safe as hospital birth for a woman at low risk of complications who is attended by an experienced professional midwife, and who lives within reasonable distance of a back-up hospital.

Research shows that the risk of the mother or baby being injured or dying at a homebirth under these criteria are usually the same as (if not lower than) if they were in hospital.

**Why do women choose homebirth?**

Two of the main reasons women choose homebirth are to avoid what they have previously experienced, or anticipate might happen, with hospital birth, and/or to have their baby with care from just one or two midwives who they can come to know and trust. Some other reasons are that:

- in the familiar environment of their home they often feel more in control of their labour and birth, and can have whoever they want (or don't want!) present
- there is less risk of infection for both mother and baby
- there is less risk of unnecessary episiotomy
- even if hospital transfer is needed, the risk of caesarean is low
- antenatal and postnatal visits at home, in the community, or in the midwife's home feel much more personal than visiting an antenatal clinic with many other women

Common interventions available in hospital, such as induction and epidural, are unavailable at home but this is exactly why many women choose homebirth. Women cope with the work and pain of labour using various methods such as immersion in water, shower, massage, aromatherapy and walking. Homebirth midwives do not usually carry pethidine or gas, but do carry safety equipment like oxygen, suction, resuscitation equipment, and drugs to stem bleeding after the birth.

Even if you choose homebirth but are unsure about managing without medical pain relief, or if it becomes necessary during labour, you can still transfer from home to hospital care in pregnancy or in labour. Note that one of the main factors which seems to make homebirth successful is the woman and her care provider(s) having confidence in her body's natural ability to give birth.

**What if something goes wrong at home?**

Some people worry about what would happen should the mother or baby suddenly require medical assistance at a home birth. Although there can be no guaranteed outcomes in any birth, the protective features in a home birth are linked to not interfering with the woman's natural processes. Many people particularly worry about what would happen should a caesarean become necessary. However, research shows that less than half of all caesareans occur within thirty minutes of the decision, so even if you were already having your baby in hospital a caesarean could take much longer to start than you think. If a complication develops at a homebirth the midwives phone ahead for the hospital to start preparing for when the mother arrives.

What is a doula?

In our modern world a Doula refers to a woman with experience in birth work, not as a medical person but as a person who understands the process of birth both physically and emotionally. She is trained in supporting and empowering women and their partners during pregnancy, labour, birth and early parenting and she provides that much needed continuity of care and support.

Studieş have shown that when doulas attend birth, labours are shorter with fewer complications, babies are healthier and they breastfeed more easily.

A doula’s primary and very unique role is to increase the mother’s confidence and feeling of safety.

By standing by the mother no-matter how the birth journey unfolds and which decision the birthing woman might make, she can significantly help reduce fear and tension and create a calmer and more settled environment.

Jodi Atkinson  Birth Mana Doula Care
Lives Noosa
www.birthmana.com.au  0410 869168  E birthmana@gmail.com

Lee Rudder
Lives at Imbil near Kenilworth.  Services Mary Valley, Gympie, Hinterland and Sunshine Coast.  lee@earthdoulasunshinecoast.com  www.earthdoulasunshinecoast.com

Tess Youd  Cariad Caring  Sunshine Coast, Brisbane, Gympie.  Lives close to Nambour Hospital.  0404 542446  cariad.caring@gmail.com  www.sunshinecoastdoula.com.au

Ellie Young  Mama Nurture Birth Services  0434571841  ellieryoung@gmail.com
Holistic Education/Support/Attendance for Pregnancy, Birth & Beyond, Home & hospital
**STUDENT MIDWIFE**

A midwife is someone who is qualified to provide care to a woman during her pregnancy, childbirth and following the birth of her baby. Midwifery care focuses on normal pregnancy and childbirth and midwives work alongside other health professionals if complications arise.

Student midwives study at university in order to gain the knowledge and skills to be able to register as a midwife in Queensland. They work under the direct supervision of a registered midwife. As part of their midwifery studies, they need to gain an understanding of pregnancy and becoming a new mother from a woman’s perspective. This is best achieved by sharing some of the experiences a woman has during her pregnancy through to the early weeks after she has given birth. You can choose to have a student midwife to support you through your pregnancy and birth. There is no fee.

The student midwife will firstly meet you and your midwife at one of your antenatal visits. If you agree to have the student with you, you will be asked to sign a consent form. The student midwife will:

- Attend some of your antenatal appointments
- Contact you to talk about your pregnancy experiences, thoughts and feelings
- Be with you at the birth of your baby if you wish to have this happen, and if the student is available at that time
- Contact you and visit you after the birth of your baby
- You will get to know the student midwife and they will also get to know you during your pregnancy
- It will be an invaluable experience for the student midwife to hear about your thoughts and feelings over this time
- The student midwife will be able to learn about the experiences of women during the first few weeks with a new baby
- This experience will also help the midwifery students to understand more about midwifery and how they can work with women
- Women who have had this experience advise they have enjoyed having a student travel their birth journey with them

University of the Sunshine Coast student midwifery program Co-ordinator
Jessie Johnson-Cash 0409 598 763 jjohnson@usc.edu.au

**CHILDBIRTH EDUCATION**

Karen Shlegeris  FIT FOR BIRTH
Childbirth and Breastfeeding Educator, Calmbirth® practitioner
0424 226490  karen@fitforbirth.com.au  www.fitforbirth.com.au

Pernille Powell  BIRTH CONNECTION
Certified Advanced Doula, Birthing from Within Mentor & Trained Birth Story Listener
Childbirth Education classes and Birth Story Debriefing sessions
0406 412354  pernille@birthconnection.com.au  www.birthconnection.com.au

Your midwife, hospital or doula
VBAC is a vaginal birth of a child after a previous caesarean

The only way that VBAC differs from other first time labours is the small increased risk of uterine rupture. Approximately 0.2% higher than that of a normal labour. This is very small when you consider that you are 30 times more likely to require an emergency caesarean for situations such as acute foetal distress, cord prolapse or ante partum hemorrhage.

The research also shows that approximately 75% of uterine ruptures occur in women who have never had a cesarean and of the 25% that have, 1/3 do not rupture at the scar line.

Planning a vaginal birth after a previous caesarean (VBAC) has many benefits. A vaginal birth avoids the risks of surgery and anesthesia and improves the health outcomes for the woman and her baby. The research shows that babies greatly benefit from the process of a natural birth.

**Birhttalk**  [www.birthtalk.org](http://www.birthtalk.org)  Based in Brisbane.
Melissa Bruijn and Debby Gould  e. 0410 408335
e. info@birthtalk.org  Their book *How to heal a bad birth*

**Birthrites Healing After Caesarean**  [www.birthrites.org](http://www.birthrites.org)  Based in Perth.
e. convenor@birthrites.org  m. 0422 592343

**Caesarean Awareness Recovery Education Support (CARES Inc)**  Based in SA.
e. caresinc.org.au  info@caresinc.org.au

**CANAustralia.net**
[www.canaustralia.net](http://www.canaustralia.net)  *Caesarean Awareness Network Australia*  Based in Queensland.
Support Contact: Debby Gould on 07 3878 7915

Find a VBAC support group on Facebook as the members have usually done a lot of research on the subject, including practitioners and birthplaces who support VBAC.
**LACTATION SUPPORT AND INFORMATION**

**Nambour Public Hospital** has an excellent breastfeeding service. Many of the midwives are Lactation Consultants (LCs) and are available around the clock during your hospital stay. The Lactation Service provides individualised help to women with breastfeeding problems 7 days a week. Following discharge home there is a home visiting services for all first time mums and mums with breastfeeding problems or whose babies have been in Special Care Baby Unit. Some of the midwives are LCs.

The Lactation Service runs two Lactation Clinics per week, both for pregnant women who think they might encounter breastfeeding problems and for post-natal mums and babies. The clinics are available for all women, including those who have birthed at home or at the private hospital. Phone the ante-natal clinic on 54706701 to book an appointment.

Education: You will receive some breastfeeding education during your ante-natal visits with a midwife. There are also four Breastfeeding Classes every month, which run for 2 1/2 hours and to which partners are invited to attend.

**Sunshine Coast Private Hospital** has a number of midwives who are Lactation Consultants. If you have any breastfeeding concerns during your hospital stay ask to see them. You will be given a list with their contact details as they provide a private home visiting service. Lactation class available - fee payable.

Your own midwife may provide you with education and support.

Your GP if they are supportive of breastfeeding and have up to date information on current breastfeeding practices - not all do so take care.

**Qld Community Child Health**  Noosa Community Health Centre, 14 Bottlebrush Avenue, Noosa Junction for all women regardless of where they give birth - free service. Ph 5449 5944 Mon-Fri 8.30am - 4.30pm. I believe there’s a Child Health clinic run at the Pomona Community House on Mondays, and a clinic at Cooroy Library on Thursdays. To locate your nearest clinic phone 5319 4824

**Australian Breastfeeding Association (ABA)**

Telephone counselling is available 24/7 on the national ABA Breastfeeding Helpline. Call 1800 686 2686, (1800 mum 2 mum). You can also email an ABA breastfeeding counsellor for information, support and reassurance - see ABA website for details. [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

See the website for the most comprehensive and up to date information available on all matters regarding breastfeeding. Download your free Breastfeeding Confidence ebook.

Subscribe to ABA and receive free their book Breastfeeding….naturally or buy it from the online store.


Local ABA groups are a great way to meet new mums and babies, hear useful information, and speak informally to a counsellor. There are no counsellors in the Noosa area so meetings are held farther south on the Coast. Once a month a topic meeting is held in Nambour, and the other weeks are social meetings. You would be very welcome. See their facebook page for meeting dates Australian Breastfeeding Association Sunshine Coast. See Local Groups contacts on the website page.

**Breast pump hire - ABA Sunshine Coast** Taryn @ Palmwoods ph 5478 9724 or Judy @ Mountain Creek ph 5477 6375 or 0420 700071

**Breast pump hire - Hire for Baby** ph 5450 6833 Peregian, 5641 0377 Caloundra
PRIVATE LACTATION CONSULTANTS

BABYMOON HOME VISITS  Lois Wattis  www.birthjourney.com
Clinical Midwife/Lactation Consultant at Nambour General Hospital
Lactation Consultant in Private Practice. Visits Sunshine Coast to Gympie
M 0404 857 272  e: loiswattis@gmail.com

New Baby 101 Free App on Google Play and iTunes includes 2 videos.
ebook with 3 more videos including “Breastfeeding Your Baby” available at
www.newbaby101.com.au

BREAST EASY  Marianne Idle
Private Lactation Consultant  AH 5476 4349  M 0419 727087
Home visits mainly after hours and weekends, any area on Sunshine Coast.
May be able to correct anterior tongue tie.

BREASTFEEDING HELP AT HOME  Josie Greaves
Medicare rebates.  M 0429 409735  jhgreaves123@gmail.com
May be able to correct anterior tongue tie.

COASTAL MUMS AND BUBS  Jeannette Carey
Private Lactation Consultant, personal and skype consultations (also for rural and remote women). Supplier of Medela products incl. breast pumps and breastfeeding products. Also Midwife and Lactation Consultant at Sunshine Coast Private Hospital
M 0437 166017  E coastalmumsandbubs@hotmail.com  facebook/Coastal mums and bubs

Jacqui du Lieu Midwife and Lactation Consultant in private practice
Medicare rebates apply with an obstetrician or GP referral
M 0428 282891  E jdulieu6@bigpond.com

KNOW YOUR MIDWIFE  Mary Young, Josie Greaves
Medicare rebates.
M 0400 901437  www.knowyourmidwife.com.au  facebook/Know your midwife

MIDWIFERY & LACTATION CARE SUNSHINE COAST  Brigid Feely
Midwife, Lactation Consultant . Medicare Rebate.
Minyama office or home visits
B 5478 4364  M 0419 729621  www.yourownmidwife.com.au

THE MILK SUNSHINE COAST Meg Nagle
Private Lactation Consultant, personal and skype consultations, contemporary local blog
Twice a month runs free breastfeeding support and friendship groups
Excellent Facebook page the milk meg
M 0423 949 252  E info@themilkmeg.com  www.themilkmeg.com
LACTATION AND PARENTING RESOURCES

www.breastfeeding.asn.au  Australian Breastfeeding Association
Book Breastfeeding … Naturally and all information booklets

www.lli.org  La Leche League International

www.kellymom.com  US site of evidence-based breastfeeding and parenting information
Anything by Pinky MacKay www.pinkymckay.com.au including Parenting by Heart

Anything by William and Martha Sears www.askdrsears.com including The Breastfeeding Book

Anything by Australian Lactation Consultant expert Sue Cox including books and DVDs
www.ibreastfeeding.com/sue-cox-rn-rm-ibclc
www.breastfeedingtasmania.asn.au/video.htm

TONGUE TIE

Josie Greaves, Midwife and Lactation Consultant 0429 409735

Marianne Idle, Midwife and Lactation Consultant 0419 727087

Some of the paediatricians at Nambour Hospital may do frenotomies, as may some private paediatricians.

For posterior tongue tie, you may need a referral to an oral surgeon or dentist in Brisbane.
POSTNATAL CARE AND SUPPORT

In an emergency always dial 000 or 112 from a mobile phone

After hours GP Helpline 1800 022 222 for free medical advice from a health professional

Child Health Line 13HEALTH (13 43 25 84) 24/7 child health information and parenting support services. Registered nurses provide information and support on issues concerning you and your child. Advice is confidential and supportive.

Pregnancy, Birth and Baby 1800 882436 Information, advice and counseling support for women, partners and families www.pregnancybirthbaby.org.au

Baby settling

CALM BABY SOLUTIONS  Julee Davenport Brisbane www.calmbabysolutions.com 1300 243396

CHILD HEALTH (See below)

SETTLE PETAL  Jan Murray  www.settlepetal.com
Midwife, registered nurse, mother of five and Family and Child Health nurse. Information resources and consultations around infant and toddler growth, feeding and sleeping. Private Practice. One on one home visits and parent sharing groups
M 0410 475 437

Birth Debriefing, Belly Casting

Pernille Powell  BIRTH CONNECTION
M 0406 412354 E pernille@birthconnection.com.au  www.birthconnection.com.au

Child Health (QLD COMMUNITY CHILD HEALTH)

Noosa Community Health Centre 14 Bottlebrush Avenue, Noosa Junction. Ph 5449 5944
Mon-Fri 8.30am - 4.30pm For all women regardless of where they give birth - free service

Most areas have clinics so check for the one closest to you ph 5319 4824
Nambour 5450 4750  Caloundra 5436 8552  Maroochydore 5459 6901

Child Health run groups for women with new babies, baby development checks, parenting courses, and provides a free counseling service.

Counselling, Health and Relationship Information and Support

13Health 24/7 13 43 25 84

Community Child Health 5319 4824

Parentline 1300 301300

Relationships Australia  Noosaville 1300 364277 www.relationships.com.au

Noosa Christian Outreach Church Coast Care Counselling 5449 9658 M 0412 706546

UnityCare Community Free/low cost counseling to individuals, couples, families and children, financial counseling and parenting courses Sunrise Beach, Maroochydore and Caloundra  5409 2600 www.uccommunity.org.au
**Depression - Antenatal and Postnatal**

**Beyondblue** 1300 22 4636 infoline@beyondblue.org.au  www.beyondblue.org.au  
**PANDA** Post Ante Natal Depression Association 1300 726306 Mon-Fri 9am-7pm  
www.panda.org.au  
**PND Centre and support group** www.sunshinecoastpnd.com.au  
Lisa Lindley Psychologist 0417 540820

**Mataji Kennedy** Psychologist  Dave McLennan Psychology, Tewantin 0411 029878  
Specialising in postnatal depression, pre and postnatal pregnancy care, birth trauma.  
Apply to your GP to receive a Medicare rebate, or self-refer.

**Grief Support and Counselling**

**SIDS** www.sidsandkids.org  
**After Hours SIDS and kids Bereavement Support Line** Freecall 1800 628 648  
**SIDS and Kids Queensland** (07) 3849 7122  E queensland@sidsandkids.org  
SIDS and Kids Queensland provide bereavement and grief support to Queensland families who have experienced the sudden and unexpected death of a baby during pregnancy, birth and infancy regardless of the cause.  
We provide Safe Sleeping education programs designed to reduce the rate of sudden infant death syndrome (SIDS) and fatal sleeping accidents.  
Our education and support services are provided to the Queensland Community free of charge.

**SANDS** Miscarriage, stillbirth and newborn death support  1300 0 SANDS (1300 072 637)  
National 24 hr support line

**Immunisation Information**

**Immunise Australia Program** www.immunise.health.gov.au

**Australian Vaccination Network** avn.org.au

**Mothers' Groups**

**Playgroup Association of Qld** www.playgroupqld.com.au

**MOPS Mothers' Group**  
1st and 3rd Thursday of the month 9.30-11.30am excluding school holidays.  
Hinterland Christian Centre, Marara St Cooroy (continue through library carpark on dirt road).  
For Christians and non-Christians.  Craft/guest speaker/morning tea - bring your baby and young children.  Contact Catlin Evans iwate401@yahoo.com

**Fit for Birth** Mums&Bubs Postnatal Yoga classes, free Fit Mamas walk.yoga.coffee group.  
Karen Shlegeris  M 0424 226490  E karen@fitforbirth.com.au

**Mostly Music** Group for mothers and babies/small children, Salvation Army Noosaville  
ph 5442 4218

**Motherhood Matters** A space for pregnant mums to connect with themselves and their baby during pregnancy in Sunrise Beach, part of UnitingCare Community  5409 2600

**Multiple Birth Association** Sunshine Coast (SCMBA)  
0447 854920  E scmba@live.com.au  
Australia 1300 886499 www.amba.org.au
**Paediatric Physiotherapy**

**Anushka Kimmerly**  
Delayed developmental milestones, gross motor skills, running, jumping, climbing, restlessness, concentration problems. Noosa Physio Centre on Wednesdays.  

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**ALTERNATIVE HEALTH CARE**

Please note that some of these therapists have been recommended to me but I have not met them or had treatment from them. I look forward to any feedback you may have about therapists you use. *Karen*

**ACUPUNCTURE**

Richelle Baker, Kansha Natural Therapies, Noosaville  
www.kansha.com.au  5473 0724

Juliet Scott, Health at Seaside, Mt Coolum 5450 6885  www.healthatseaside.com.au

Emma Iwinska, Double Happiness Acupuncture, Eumundi  
ph 0431 946366  
I specialise in fertility, pregnancy and birth. I offer a very very gentle japanese style of acupuncture and treat lots of mums as well as their babies. I offer a specialised paediatric service and treat babies from new born, for such things as colic, constipation, digestive problems through to coughs, colds and flus. Mum's I treat for mastitis, fatigue and just about anything really.

Helen Morish, Sunrise Beach  
ph 0402 449488 (see Trad Chinese Medicine below)

Amy Steinbeck, Doctor of Chinese Medicine and Acupuncturist  
Maple Street Acupuncture, Cooroy  
Plus pregnancy massage, kiniesiology, counseling, hypnotherapy , NLP, naturopathic herbs, bush flower essences  
www.maplestacupuncture.com.au  ph 5442 5526

Better Mind Body Spirit Acupuncture and Natural Therapies, Coolum and Brisbane  
ph 5473 9300

Freda Dunn Acupuncture and Natural Therapies (incl. naturopathy, herbs)  
Doonan  www.fredadunnsclinic.com.au  ph 5449 1811

Dieter Drescher Acupuncturist/naturopath, Body and Soul Tewantin, including homeoprophylaxis (alternative to immunization)  
B 5447 1889  www.bodyandsoulacupuncture.com.au

Roy and Ros Hayes, Meher Clinic acupuncture, Chinese and Western herbalism, naturopathy, homeopathic kits for baby, homeoprophylaxis (alternative to immunization)  
Kiels Mountain  B 5442 2511  www.meherclinic.com.au  meherclinic@universal.net.au

**AYURVEDIC & NATUROPATHY**

Wayne Celeban, Healthy Directions  
M 0437 162677  practitioner@healthydirecitions.com.au

Clinic at Kansha Natural Therapies, Noosaville
**CHIROPRACTIC**

Jodi Davis and Jennifer at One Chiropractic Health Peregian 5471 3100
www.onechiropractichealth.com

Matthew Smith at Absolute Health & Chiropractic, 5/26 Sunshine Beach Rd Noosa Junction 5478 2333

Jessica Owen at Coastlife Chiropractic Peregian  5471 2555

Adam Roache Life Enhancing Chiropractic Cooroy www.lechiro.com.au 5472 0808

Scott Baker, Children's Sunshine Chiropractic, Caloundra 5491 7743

Gray Moritz, Family Wellness Chiropractic, Mountain Creek 5444 0711

Matthew Moeliker, Moeliker Chiropractic, Nambour 5441 7844

Mark Philip Deal, Chiropractor, Osteopath, Acupuncturist, Noosa Holistic Health Noosaville B 5449 7088

We recommend that all new babies have a chiropractic check, particularly if they've had a difficult birth, forceps, vacuum or caesarean. Can improve colic/sleeping/digestive/breastfeeding issues.

**HOMEOPATHY**

Carolyn Graham, Noosa Homeopathic Clinic, Noosa Heads ph 5412 2702 M 0431 036495
Treats mums, babies, young children from preconception, pregnancy, birth, postnatal, newborn including colic, reflux, teething, sleeping problems, feeding issues. Birth kits, excessive postpartum bleeding, depression, infertility, vaccination information.
www.noosahomeopathic.com.au

Noosa Holistic Health, Noosaville B 5449 7008 M 0411 889533
Individualised birth and postnatal homeopathic kits, plus infant care.

**MASSAGE**

Cheryl Wrench, Noosa Holistic Health, 35 Mary Street Noosaville B 5449 7088

Outside In, Noosa Junction  5447 5499

Kansha, Mary Street Noosaville  5473 0724

Noosa Yoga at the Leisure Centre  0402 341273

Balance Noosa, mobile service  0408 003199

Pure Balance, Noosa Junction  5474 5060  0421 285858
NATUROPATHY

Karen McElroy Naturopath & Medical Herbalist, and Preconception/Fertility Care
www.karenmcelroy.com.au
Noosa Holistic Health, Noosaville B 5449 7088
Fertility Solutions Sunshine Coast, Buderim B 5478 2482
M 0411 889533 info@karenmcelroy.com.au
Pregnancy Nutrition E-Book available on website
Medicinal herbal teas 100% organic incl. raspberry leaf, lactation tea

Amina Eastham-Hillier, Noosa Holistic Health, Noosaville B 5449 7088 M 0422 408450
and Cooran Natural Therapies, 14 King Street Cooran ph 5485 1931 M 0422 408450

Miriam Young, Naturopath, specialising in detox and fertility programs www.detox4life.com.au
E Info@detox4life.com.au M 0413 024 901

Nikki Warren, Peregian Naturopath and Natural Reproductive Care
Fully qualified Naturopath and Medical Herbalist. Nikki uses an integrative approach to healthcare, incorporating scientific diagnostic testing methods with the use of natural therapies including nutritional and herbal medicine, lifestyle changes, exercise and stress management. ph 5448 2001 M 0416 357 645 nikki@naturalreproductivecare.com.au

Live Life Pharmacy Noosa Fair, Noosa Junction 5447 4044 Open 7 days, near Coles

OSTEOPATHY

Matthew and Maria Barrett, Blueprint Osteopathy (biodynamic cranio-sacral technique)
5329 8029 www.blueprintosteopathy.com.au

Skye Duncan, Noosa Osteopathy at the Noosa Aquatic Centre
5455 3882 www.noosaosteo.com.au

1300 739345 www.buderimosteopath.com.au

PHYSIOTHERAPY

Caroline Kohl, Musculoskeletal Physiotherapist
Physiosync Shop 27, Noosa Junction Plaza, Noosa Junction 5448 0072
Including real time ultrasound to check core muscle strength and awareness
Antenatal and postnatal pilates classes

Rebecca Steele, Womens’ Health Physiotherapist, HiInteractive Physio, 48 Elm Street, Cooroy
Stockist of Recovery Shorts www.recoveryshorts.com.au

Abdominal Rehab Core Rehabilitation Specialists www.abdominalrehab.com.au

Maude Pelletier, Noosa Sports & Spinal Physiotherapy Goodchap St Noosaville 5449 0024
**Pelvic Floor Physiotherapy**

Robin Kerr, Pelvic Floor and Lumbo-Pelvic Physiotherapist
Integrated Pelvic Physiotherapy Nambour 5441 4764  www.ipphysio.com
Noosa Physio Centre 5447 3312  www.noosaphysio.com  info@ipphysio.com

Tylana Woodward, Pelvic Floor Physiotherapist
Physio Noosa, Noosa Civic  B 5455 5308  www.physionoosa.com  physionoosa@bigpond.com

**TRADITIONAL CHINESE MEDICINE + ACUPUNCTURE**

Helen Morish  M 0402 449488  30 years experience and specialises in all aspects of women's health, both physical and emotional, including pregnancy and IVF, using a combination of acupuncture, hers, diet and lifestyle. Also teaches Qigong and meditation.

**OTHER USEFUL RESOURCES**

**BABY CARRIERS**
Info on carrier and sling safety www.productsafty.gov.au
www.babycarrierindustryalliance.memberlodge.org

Manduca baby carrier www.manduca.com.au
Ergo baby carrier - beware of poor quality imitations!

**CAPSULE HIRE AND FITTING**

Noosa Ambulance Service. They will also fit your capsule if you choose to buy one - this service may require booking ahead of time.

Hire for Baby. Brooke is an accredited fitter and will fit a capsule at short notice ph 5450 6833

Matman Mechanics  Hassle-free installation for $50. They come to you anywhere on the Sunshine Coast  0411 167010

**PROFESSIONAL NANNY**  Lisa Young 0458 300355

**PHOTOGRAPHY**

Katja Anton Photography
www.katjaanton.com  info@katjaanton.com  0438 709 354

Rebecca Colefax Photography  Pregnancy, during birth and postnatal photos
rebeccacolefax.com  beck@traqua.com.au  0438 674584
Photos and stories on her blog rebeccacolefax.com/blog

**PLACENTA ENCAPSULATION**

Increases milk supply, reduces postpartum bleeding, replenishes iron levels, balances emotions. www.placentavitality.com  0424 578800  placentavitality@gmail.com
SWIMMING CLASSES

Sharon Bryant, DiamondSwim School
Free swim classes for mums/dads with babies from 2-6 months old at Good Shepherd College pool, Noosaville. Classes run for half an hour twice a week in summer/once a week in winter. Enter from Walter Hay Drive near cnr Noosa/Eumundi Road.
0439 766059 sharonbryant@bigpond.com www.diamondswim2@bigpond.com
Facebook DiamondSwim School

Prepared by Karen Shlegeris, Fit for Birth, September 2014.
Details are correct at time of printing and regularly updated but are liable to change with time, so thank you for your patience. Please contact Karen if you have any amendments or additions to the list.

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