YOUR OPTIONS FOR MATERNITY CARE

**Private midwife** - antenatal, birth and postnatal care, with birth at home or in hospital - see list of midwives in private practice below.

**Public system** - antenatal care with your GP, Nambour Public Hospital or a private midwife; give birth at Nambour Public Hospital ph 5470 6702 (Antenatal Clinic); postnatal care with Nambour home midwifery system plus Child Health, or a private midwife.

**Private system** - obstetrician for antenatal care, birth at Sunshine Coast Private Hospital (SCPH) in Buderim ph 5430 3303, postnatal care through Child Health.

At SCPH I believe there are two teams of obstetricians, one containing those who used to work at Selangor Private Hospital (Drs Isaacs, Morrow, Orford and Bogiatsis) and the other who are from SCPH (Drs Moir, Stokes, Benga, Moisuc.) Doctors on each team tend to work in different ways, i.e. the Selangor Obs do waterbirths and may be less medicalised and offer fewer interventions than the others, due to differences in philosophy and the progressive birth environment which was at Selangor. As in any hospital, some midwives also follow a more medical model of care than others. This is a broad view and I encourage you to communicate your wishes with your caregiver to determine how well their style of care suits the type of care you want.

www.canaustralia.net  **Caesarean Awareness Network Australia**  On this website you will be able to access up-to-date and evidence-based information and resources about **caesareans and birth after caesareans**, links to support groups around the country, information on workshops and antenatal courses relevant to caesareans or vaginal birth after caesarean (VBAC), and information on issues related to maternity services for women who are planning a caesarean, or planning to have a VBAC.
SUNSHINE COAST MIDWIVES

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 whether or not you’re having a home birth. Many services receive Medicare rebates.

Mary Young, Lin Parkes  KNOW YOUR MIDWIFE
Circle of Care Partnership - 6 midwives, Lactation Consultants, Obstetrician Dr Kirsten Small, Chiropractor, Homeopath, Naturopath, Bowen Therapist, Doula, Hypnobirthing, Fathers’ program. Medicare rebates. Caloundra to Buderim.
M 0400 901437  E info@knowyourmidwife.com.au  www.knowyourmidwife.com.au
facebook/Know your midwife

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

Sylvia Jenkin  SUNSHINE MIDWIFE
Midwife in Private Practice. Medicare rebates.
M 0449 504609  H 5485 3395  info@sunshinemidwife.com.au
www.sunshinemidwife.com.au

Jacqui du Lieu
Midwife and Lactation Consultant. Private Practice antenatal and postnatal care, shared care with Dr Kirsten Morrow. Medicare rebates.
M 0428 282891  E jdulieu6@bigpond.com

Natasha Oglesby  SUNSHINE COAST MIDWIFERY SERVICE
Midwife in Private Practice. Medicare rebates.
M 0425 158 564  info@sunshinecoastmidwifery.com.au  www.sunshinecoastmidwifery.com.au
facebook/Sunshine Coast Midwifery

HOMEBIRTH QUEENSLAND INC  www.homebirth.org.au
"The Role & Activities of Homebirth Queensland:
We promote the right of choice in all birth and health matters
We offer education and support to all pregnant women who seek it
offer information on natural healing methods, pain relief and nutrition.
We recommend Homebirth Midwives who have applied to our association for
recommendation, and have shown themselves to practice according to standards endorsed
by Homebirth Queensland. We encourage the active participation of all member Parents and
Midwives in all areas concerning Homebirth Queensland."

Sunshine Coast Homebirth Queensland Support Group
Meets the 2nd and 4th Thursday of each month (weather permitting) 9-11am at Nelson Park, Katoa Street, Alexandra Headlands.  Contact E mizbehave@gmail.com
DOULAS AND BIRTH SUPPORT

Lee Rudder  Certified Doula  
Lives at Imbil near Kenilworth. Services Mary Valley, Gympie, Hinterland and Sunshine Coast.  
E lee@earthdoulasunshinecoast.com  www.earthdoulasunshinecoast.com  www.facebook.com/SunshineCoastGympieDoula

Tess Youd  Cariad Caring  Registered and Certified Doula. Sunshine Coast, Brisbane, Gympie. Lives close to Nambour Hospital.  M 0404 542446  E cariad.caring@gmail.com

Ellie Young  Certified Doula, Mama Nurture Birth Services  
Holistic Education/Support/Attendance for Pregnancy, Birth & Beyond, Home & hospital  
M 0434571841  E ellieryoung@gmail.com

CHILDBIRTH EDUCATION

Pernille Powell  BIRTH CONNECTION  
Certified Advanced Doula, Birthing from Within Mentor, Healing from Birth sessions  
M 0406 412354  E pernille@birthconnection.com.au  www.birthconnection.com.au

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

Your midwife or hospital

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 21/2 hours and to which partners are invited to attend.

Sunshine Coast Private Hospital has 5 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. Jeannette Carey is a very experienced LC who works there part-time. She lives in Tewantin and operates a private practice. 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.

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.

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 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. Discounted pump hire, maternity clothes and items from online store Mothers Direct www.mothersdirect.com.au/  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

BIRTH JOURNEY  Lois Wattis www.birthjourney.com Midwife and Lactation Consultant at Nambour Hospital Lactation Consultant in Private Practice. "Babymoon" home visits. Private health fund refunds may apply. No charge for phone and email consultations. M 0404 857272  AH 5446 7744  E loiswattis@gmail.com Read the breastfeeding page on her website for excellent information. Lives Yandina, travels to Gympie, Noosa/Cooroy/Eumundi area.

BREAST EASY  Marianne Idle Principle Lactation Consultant at Nambour General Hospital Private Lactation Consultant AH 5476 4349  M 0419 727087 Home visits mainly after hours and weekends, any area on Sunshine Coast.

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. Lives Tewantin, travels from Twin Waters to Noosa and surrounds. Also Midwife and Lactation Consultant at Sunshine Coast Private Hospital M 0437 166017  E coastalmumsandbubs@hotmail.com  facebook/Coastal mums and bubs
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
M 0423 949 252  E info@themilkmeg.com
www.themilkmeg.com

Jacqui du Lieu Midwife and Lactation Consultant in private practice
M 0428 282891  E jdulieu6@bigpond.com

KNOW YOUR MIDWIFE  Mary Young  www.knowyourmidwife.com.au
Circle of Life group of Midwives and Lactation Consultants
Medicare rebates
M  0400 901437   E info@knowyourmidwife.com.au

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

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-ibclcn
www.breastfeedingtasmania.asn.au/video.htm
POSTNATAL CARE AND SUPPORT

Baby settling

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.
I believe there's a Child Health clinic run at the Pomona Community House on Mondays, and a clinic at Cooroy Library on Thursdays. Most areas have clinics so check for the one closest to you eg. Nambour ph 5450 4750. Child Health run groups for women with new babies, baby development checks, parenting courses etc.

Counselling, Health and Relationship Information and Support
13Health  24/7 13 43 25 84
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.ucommunity.org.au

Natalie Westera  Counsellor/Occupational Therapist specializing in marriage and couple counseling at Peregian Beach
B 5448 3984  M 0413 106126  E nataliewestera@yahoo.no  www.natlie-westera.com.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 www.sunshinecoastpnd.com.au Lisa Lindley Psychologist 0417 540820
Grief Support and Counselling
SIDS www.sidsandkids.org

After Hours 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

Midwives in Private Practice See details above

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

Noosa Yoga Baby Mums & babies yoga classes, core strength yoga classes, Fit Mamas walk.yoga.coffee group. Karen Shlegeris M 0424 226490 E kshlegeris@gmail.com

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)
Belinda McCulloch E scmba@live.com.au
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@healthydirections.com.au  
Clinic at Kansha and Harrison's Pharmacy, Civic

**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 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


MASSAGE

Amanda Richards, Kahuna Massage for pregnancy at Shedlock Training, 24 Sunshine Beach Rd Noosa Junction M 0406 132626

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

NATUROPATHY

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

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, Hinteractive 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 Physhiotherapist
Physio Noosa, Noosa Civic B 5455 5308 www.physiooosa.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 FRIENDS OF FIT FOR BIRTH AND 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

PHOTOGRAPHY

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

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

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.

Karen Shlegeris  0424 226490  
karen@fitforbirth.com.au  
www.fitforbirth.com.au