

Young Mums
Bubs & Me

A perinatal class for mums and babies which seeks to build knowledge and confidence for informed decision making related to pregnancy, birth and parenting. Information is delivered by a registered midwife and is supported by various community organisations who support parents and their children.

Northern Adelaide Senior College

PREREQUISITES:
- NIL

WHAT WILL YOU LEARN?

1. Development of baby at various stages through pregnancy.
2. Options for labour, delivery, pain relief and postnatal care.
3. Care requirements in the first 6 months including feeding, immunisations and safety.

NASC SUBJECT PATHWAYS

- Art
- English
- Maths
- Wellbeing
- Playgroup

WHAT IS BUBS & ME LIKE?

Bubs and Me is run by our visiting midwife to help expectant or new mums feel supported and become informed about the many aspects of pregnancy, labour and parenting.
This class is for mums under 25 who are pregnant or who have babies 0-6 months The program includes support, information and discussions on:

- Birthing choices and pain relief
- Your baby's growth and development
- Breastfeeding and bottle feeding
- Family wellbeing
- The first six weeks with a newborn
- The hospital system, common tests and procedures
- Includes guest speakers from various health professionals

① SACE STAGE 1 | 10 CREDITS ONE SEMESTER

② NOT AVAILABLE AT STAGE 2

ATAR SUBJECT