



Preparing for Birth ...and Beyond!

Welcome!

Congratulations! You've carried and grown your baby all the way to today, and there are only a few more weeks until you and your baby will meet for the first time.

We've put together some info to **help you get the most out of this special pre-birth period.**

We want you to have the **best possible birth experience**, and the **best possible post-partum time** with your new baby.



From supporting body, mind and spirit with **pre-birth acupuncture**, creating your **ideal birth plan**, informing you about the **Chinese medicine view of birthing** and about **labour induction**, giving you resources for **self-treatment with acupressure**, preparing for the **best possible post-partum experience** to nourish and support you, and information about **getting help for the post-partum time** – we've pulled together loads of information here to get you through this exciting, amazing time – the final stages of your pregnancy journey.

Pre-birth acupuncture

Your pre-birth acupuncture treatments are helping your **body, mind and spirit** to prepare for labour by:

- **Ripening** the cervix, **increasing your readiness** for birth
- Stimulating the **relaxation** response, helping you to **remain calm and centred**
- Helping tendons and ligaments to **relax, allowing your body to open**
- Bringing you **energy**, so you are **recharged and ready** for birth and beyond

To book your sessions

If you haven't yet booked your pre-birth treatments, please call us on **9938 2182**, [email us](#) or [visit our website](#) and contact a practitioner directly.

The normal course of treatments starts with **weekly sessions from 37-40 weeks**. Some women will need a couple of extra sessions to bring them to spontaneous onset of labour, especially for first babies or if there are medical issues.



If you have any **special circumstances** eg early induction, planned C-section, breech or posterior position – then **please contact us** to find out how we will modify your treatment plan.

We have a **pre-paid pack** available – please ask your practitioner for details.

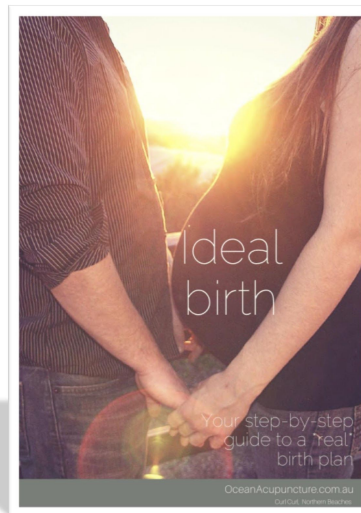
You can [read more about Pre-birth Acupuncture on our blog](#).

Your birth plan

Have you thought about what's truly important to you regarding the birth itself and your post-partum period?

Are there certain things that will make a huge difference to help you feel supported, empowered and cared for?

We have developed *Ideal Birth*,
an **in-depth guidebook**
to help you sort through
your own ideas and preferences,
working out what **issues** and **arrangements**
are the ***most meaningful to you***.



The guide helps you to separate and work through the following **two critical factors** in the lead-up to your birth experience:

1. What am I **fearing** (and what practical things can I do to reduce these fears or apprehensions)?
2. What will make me feel **safe and supported** (and how will I put this in place)?

You will end up with *your very own birth plan*, finding *exactly* the things that you will need to **feel calm and supported throughout the birth**.

Please **download your free guide** here:

www.OceanAcupuncture.com.au/ideal-birth-download/

Are you doing some crazy nesting?

If you have downloaded our *Ideal Birth guidebook*, you will learn why women have the **instinct to birth where they feel safe**.

“Nesting” is a way that we **follow these instincts** in order to **create our safe space** in our external surroundings.

Scrubbing the kitchen floor with a toothbrush? Check. Washing all the spare linen? Check. Vacuuming the bookshelves, rearranging the bathroom drawers, doing a severe wardrobe purge? Check, check and check!

If you are doing some crazy nesting, it means **your instincts are in play**. This could be a great time to go through the exercises in the *Ideal Birth guidebook* to **discover how you can create your safe space** throughout the birth and into your post-partum time.

What you need is unique to you – find out how to create the environment around you that gives you **support that is the most meaningful to you**, fulfilling your unique needs.

Later in this booklet we’ll introduce you to the “Golden Month” – **how to create a nurturing bubble around you and your newborn baby**. Preparing for your Golden Month is a great way to channel your nesting energy!



Are you feeling “over it”?

Even if you’ve had a good pregnancy and are committed to as natural a labour as possible, you may find yourself surprised by suddenly feeling like you “want this baby out – now!”

We often hear this sentiment from women in the late stages of pregnancy, and here’s a Chinese medicine view of why these feelings are totally natural.

Your shared centre

When your baby was just a tiny little dot of an embryo, the only way they could develop into the complete baby that they are today was by being *within you*. Every time you breathe, every time you eat or drink, and whenever you replenish your own energy through sleep or meditation, **you are bringing “life energy” into you.**

This energy connects at your “centre”, which means that now the energy belongs to *you* – it is flowing within your own body, creating your own life. Being alive means having this centre and drawing energy in, in order to express it into your physical form and connect with your loved ones and your natural surroundings.

Your bub, even before there was a placenta, even before there was an umbilical cord, has been **completely united within your centre** – as soon as energy is yours to have, it is your baby’s to have at the same time.

How you protect this connection

You may have felt sick or very tired at the beginning of your pregnancy? But your baby, by virtue of this shared centre and continuous supply of “life energy”, was just fine!

Nature has protected this connection throughout. Your body has given *you* the signal to lie down and rest if there’s energy needed, but will supply your baby with constant energy night and day.

This connection is extremely primal, at the **very centre of life** – your every **unconscious instinct** has been to maintain the connection.

Preparing to separate

But now? **This connection needs to give way to separation** – and if you are feeling “over it” – if you are thinking “I just need this baby to come out, now!” then you are **starting to feel and respond to** this process of separation.

Now you and your baby are preparing to become two individuals. **Your shared centre needs to separate** so that your baby can come into the world and participate in the pulse of life – the emptying and filling, waxing and waning, opening and closing cycles of life. Breathing, drinking, seeking comfort – your baby now has their own physical body to **draw energy from nature** and express within themselves, in order to connect to you and to develop and grow.

Labour is an intricate natural process

Labour is not just the physical act of birthing – changes are taking place within you and your baby, and between the two of you, for **many weeks before the actual birth**.

So you can accept these feelings as a sign that everything is moving along just as it should – these feelings are natural!

The more you can **relax** into these final weeks and **allow the process to unfold**, the better chance you give this remarkable mystery of birthing to happen according to nature’s deep wisdom.



Treat yourself with Acupressure

Acupressure for birth preparation

When you are **nearing your due date**, you can begin to use **induction points at home** to help this natural process of labour to unfold and develop.

By **gently massaging and stimulating** the acupoints, you are making sure that important pathways of energy and information flow in your body are staying **clear and open**.

Your body and baby are signalling to each other, and each of you is undergoing changes to allow you to go through the amazing demands of birthing and to connect as two individuals after the birth.

Acupressure enhances this **natural preparation process**.

Acupressure during labour

Observational studies suggest that some of the acupoints can **halve the pain of contractions**. And it's something that your birthing partner can do for you, throughout the birth – **empowering you both to support a successful birth**.

You and your birthing partner can **watch videos online** to help you locate the acupoints and apply the techniques (see below), or we can give you a **30-minute in-person training session** (call us on **9938 2182** or book directly with your acupuncturist).

Acupressure after the birth

You can use acupressure to help with breastfeeding and reduce after-pains. See the Acupressure Booklet for further information (see below).

Acupressure resources

New Zealand obstetric acupuncturist Debra Betts hosts a **site** with excellent information on acupressure for labour.

You can **download the Acupressure Booklet** and **watch point location videos for free**. There's also the option to **purchase the training video** on how to apply the techniques at home: <https://acupuncture.rhizome.net.nz/acupressure/>

Natural (non-drug) ways to bring on labour

You may have Googled this already, and may have found all kinds of interesting ideas on how to promote labour. Here are some of the more, shall we say, rational ideas about promoting labour, and some information about what the research says.

Raspberry leaf tea

Raspberry leaf tea comes from Western herbalism and is not a Chinese medicine therapy, but many women who come to our clinic are already taking this supplement in tea or extract form and so here is some information to help you.

While many claims are made on the internet, there is not a whole lot of research evidence available to help you decide whether it is useful or safe. As health providers, we need to give you the best quality information that's available to us.

Here is an article written by a midwife who has actually gone ahead and conducted her own studies on raspberry leaf tea. She gives an account of how and why she did the studies, what she is professionally allowed to recommend with the current state of the research, and her personal experience with raspberry leaf tea.

The article was published in the magazine of the Royal Australian and New Zealand College of Obstetricians and Gynaecologists.

Membrane sweeping ("stretch and sweep")

The Cochrane review of membrane sweeping was part of a series of reviews investigating various methods of induction of labour (including drug methods). The reviewers were looking at whether it could be used as a reliable induction method, and they concluded that in this sense the research didn't support it. In other words, if women are facing a drug intervention for induction, membrane sweeping will only bring on labour in a percentage of women (about one in eight).

Most birth practitioners will offer women an internal examination and membrane sweep at around 40 weeks gestation. Here's what the study authors say about its use as a routine procedure:

"Sweeping of the membranes, performed as a general policy in women at term, was associated with reduced duration of pregnancy and reduced frequency of pregnancy continuing beyond 41 weeks."

So whereas the authors are saying it's not reliable enough to be used alone to bring on labour, when it is performed routinely then more women will go into labour by 41 weeks than if it's not used routinely. In other words, it's probably very useful, but not as a sure-fire induction method on its own.

Breast stimulation

While no-one yet knows why nipple stimulation affects contractions, the theory is that it stimulates the release of oxytocin, which is one of the hormones involved in uterine contractions during labour.

Breast stimulation has been researched as an alternative to medical induction – in other words, to be applied when reaching the end of the full-term period (don't risk early labour by trying this too soon).

It is potentially useful during labour, if contractions are slowing down (check first with your midwife or doctor).

The research studies involve women alternating stimulation of each breast, for 10-15 minutes per side, for a period of one hour, up to three times a day. If you try this at home, be sure to stop stimulation during contractions, in order to avoid uterine hyper-stimulation. Using oil while stimulating the breast may make the process more comfortable.

The most well-recognised review has suggested that breast stimulation may be a useful method of mechanical (non-drug) induction but more studies are needed, especially before being recommended in high-risk pregnancies. Positive benefits of breast stimulation may include reduced likelihood of excessive bleeding:

You can check with your doctor or midwife whether they would recommend breast stimulation and how to use this method in your individual situation.



Long walks, spicy food and sex

Lots of anecdotal evidence, not much scientific backup, but probably not going to do you much harm!

Long walks may help stimulate the cervix due to the pressure of baby's head, and help to keep your ligaments supple. Moderate exercise throughout pregnancy is generally linked with favourable outcomes.

There are various ideas why spicy food may help, but it's probably just one of those things that's been handed down through folklore. And sex may help via prostaglandins in semen as well as the effects of oxytocin from orgasm.

A note about research

Research studies are very labour- and cost-intensive. Pharmaceutical companies spend millions of dollars on drug trials, as they are able to recoup the costs when their patented drug goes to market. When the therapy is something that nobody owns, however, such as tea or curries or a manual therapy (acupuncture included!) then it is up to public funds, special grants or sometimes philanthropists to foot the bill.

Important:

- “Lack of evidence” or “insufficient evidence” means there haven't been enough studies done. Researchers simply can't say for sure, because more studies are needed.
- “Evidence of lack of effectiveness” is very different – this means there are enough studies, and the thing doesn't work.

When critiquing natural medicine, those opposed will often conflate these separate issues. It's hard for the average consumer to dig deep and find out the true story. We hope this information helps you to make your own decisions!

The other issue with clinical trials is that the researchers want to limit as many variables as they can. So it's unlikely that a study will be performed to see what happens if women do membrane sweeps, acupuncture, acupressure PLUS long walks, hot curries, breast stimulation and sex! That would be impossible to study, and yet this is what women “in the real world” are doing.

The best we can do is to make safe choices and weigh up the risks and benefits as they apply to each individual. Speak with your health professional about what is best for your unique situation.

Acupuncture research

For the record, the **latest Cochrane Review** (high quality literature review) for acupuncture induction (ie, at full term) concludes that more research is needed.

At Ocean Acupuncture, we have found that offering Pre-birth Acupuncture (37-40 weeks) seems to lead to more reliable outcomes than trying to use acupuncture for the first time when the woman is past her due date. There is promising research evidence to support the efficacy of Pre-birth Acupuncture. **Debra Betts offers a summary of Acupuncture research on her website** – scroll to near the bottom to read about Pre-Birth Acupuncture.

From Chinese medicine: sleep and meditation

According to Chinese medicine, one of the best things you can do for yourself right now is to get **lots of sleep**, and **meditation** if possible.

You draw a lot of **energy to your Centre** during sleep – or when you **quiet the mind through meditation** – and this **allows your body to recharge** in preparation for the physical feat of separation during labour.

When your **body feels that your energy tanks are replenished**, it is more likely to be prepared to enter easily into labour.

Quieting the mind through meditation and feeling rested will **give your body the sense that “everything is OK”** and that it’s a **safe time for the baby to be born**. You can use this **ancient body-mind connection** to your benefit, calming the body and mind in order to promote labour.

Did you know?

Couples can access Medicare rebates for one session with an independent midwife. You can use this session to gather information and advice and address your questions about birthing and post-partum issues.

Contact Janine O’Brien at
<http://www.ibirth.com.au/contact-janine>

Preparing for your “Golden Month”

Many cultures have a tradition of **nurturing mothers for a month** or so after birth. They would have noticed that the **health of mothers** – and therefore the **health of families** – is enhanced by **taking extra care** during this vulnerable time.

Women would often be looked after by their mother, mother-in-law or other female relatives. The **birthing mother’s role is simple** – she needs to **feed and bond with the baby**, and **rest and replenish her energy**.

All other concerns – housework, cooking, caring for older children, settling or bathing the baby and so on – are **taken care of by others**.

Mothers emerge from this period **feeling rested, replenished and nurtured** after the significant demands of labour and establishing breastfeeding.

In our modern times, in Western culture, with the focus on the small nuclear family, combined with globally-dispersed extended families, women and couples often need to **use some lateral thinking to create these nurturing conditions**.

Here are some helpful ways you can **prepare for your “Golden Month”**:



Food

Stock the pantry with healthy, no-fuss **snacks**; cook and freeze **hearty nutritious meals**, prepare a **meal plan or recipe file** with easy favourites, set up **home delivery** accounts for fresh food and dry groceries, invest in a **slow cooker**.

Allow for an **increase in appetite for hearty food** as you are establishing breastfeeding so that there are always satisfying meals readily available (day or night!).

Cleaning

Different people will have different standards, but most women benefit by aiming for their own version of “good enough” during the first weeks.

You can create a **list of things** that need to be done daily, weekly or less often. Then **discuss with your partner** how much extra they can take on, maybe **hire a cleaner** for a while, or when **relatives offer to help** you can see if they’re happy to do something from the list (depending on your relationship!). Try to keep it simple.

Laundry

You could look into using a **laundry service** for a few weeks, especially if you’re planning to use cloth nappies.

Decluttering

Using your **nesting energy to do a bit of decluttering** before baby comes can make your living areas more manageable during your Golden Month.

Child minding

If you have older children, see if friends can take them for **play dates** (you can return the favour later), say yes if **relatives offer to entertain them**, or make use of your **existing child care arrangements** to give you some one-on-one time with your new baby.

Wondering **how your elder child will cope** with a new baby in the family? See this helpful article by Pinky McKay for inspiration:

<http://www.pinkymckay.com/sibling-love-when-your-toddler-hurts-your-baby/>

Visitors

Many couples choose to **keep visitors to a minimum** during the first days or weeks. For example, some parents ask for just family to visit during the first week or two, and limit this visiting time to just a small part of the day.

You need to **replenish your energy**, both parents need the **time and space to enjoy bonding with baby**, and of course your baby needs to feel **peace and security** during their first days and weeks in the world!

You will also be getting used to **reading your baby's cues** and **learning how to breastfeed**. This can be very difficult to do if you feel you need to entertain lots of visitors.



Postpartum recovery and getting help

You made it! You're home with your precious newborn baby. This is a very special time of bonding and getting to know each another.

Acknowledging the need to recover

You have **achieved an enormous feat**, bringing new life into the world, through the vessel of **your physical body** and by virtue of **your own life-energy** and **heart-centre**.

Recovery after birth needs to happen on all levels – **physical, emotional** and even **spiritual**.

It is **normal to feel emotional**, as you have brought a new living being into the world *through you*. No matter how your baby was born, you have **opened up on subtle planes** as well as **physically transforming** – and so emotional changes are part of the picture as you **“come back down to Earth”**.

It is **normal to feel tired**. Not only are you now operating on a 24-hour cycle as your baby needs support and feeding during the night, you are also needing to **recover your “centre”** as you readjust to the energetic requirements of being “just you”, rather than sustaining two people within one.

Adding to this the **demands of breastfeeding** – making the milk as well as developing the unique breastfeeding relationship between you and this baby...

Our culture doesn't give enough credit to **the importance of recovery after childbirth**. Women are encouraged or expected to just get “back into it”, without pause to process and recalibrate after the momentous event that they have just been through.

Give yourself the gift of recovery.

Allow yourself to **rest and sleep**, to eat **nourishing food**, to **stay warm** and to **process your journey** – however that looks for you.

Making milk

The three critical ingredients for making breast milk are:

1. Rest

You will notice that your breasts feel the **most full after your longest stretch of sleep** at night. Your body **makes milk when you sleep and rest**.

But “resting” means **really switching off**.

If you sit on the couch, flicking through social media, this is *not true rest*. You need to **let the mind and heart settle**, let the **body release**, and **really let go** in order to absorb energy and make milk. **Try some meditation apps** if you’re finding it hard to switch off.

2. Nutrition

Mashed potatoes, slow cooked lamb stew, spaghetti Bolognese, scrambled eggs, cumin-infused dahl, vegetable lasagne, sticky date pudding...

Comfort food! Warm food, real ingredients, well-cooked, hearty, tasty and delicious.

No ice-cold smoothies, no spartan salads and no low-fat pre-packaged foods!

3. Calm heart

If you’re stressed or agitated, this can impact your milk creation – *a lot*.

If you then get worried about low milk supply, this can create a downwards spiral of stress leading to less milk leading to more stress and so on.

Make sure you’re **getting good support**, that you’re **going easy on yourself**, that you’ve got **someone to help** with baby-related questions, and that you’re taking some **time each day** to **really switch off**. Try to have someone mind the baby so you can **soak in the tub**, do a **meditation** or enjoy a **walk on the beach**.

Chinese medicine to boost milk supply

Please get in touch *as soon as possible* if you’re concerned about your milk supply.

We can **often turn the situation around very quickly**, **re-establishing supply** and supporting your breastfeeding relationship with your baby. We also treat **blocked milk ducts** and **mastitis**.

Identity, expectations and instincts

Identity

Becoming a parent for the first time is a **huge shift in identity**. The barrage of **media images** of parenthood are often unhelpful, as they create an **unconscious expectation** of how this time of life is going to look and feel.

Mums tend to be hard on themselves if they feel they're not living up to this **perceived "ideal mother" stereotype**. Know that these images that we have so readily digested have been *made up*. They are *not real*, they are usually constructed to sell products and are **overly sentimental**, designed to trigger emotional responses to lead us to make a purchase.

Added to this, it is often a **rapid transition from your identity as a working woman** to a stay-at-home mum (if this is the path that your family has chosen). The ability to **enjoy recognition** and **achieve goals** is replaced by **repetitive ongoing domestic tasks** – often going **unnoticed**.

Just as working women build their **professional networks**, ensure that you start making **networks of mums at your stage of parenting**. Parents of older children can be your **mentors**.

You may meet other parents at **childbirth classes**, in the **hospital**, at **prenatal yoga** and so on. You can join a **playgroup for babies** – contact the Playgroups Association for details.

Most new parents are also referred to the Early Childhood Centre, where they are put into "**mothers groups**" (some may be mums and dads). Go along to your group's meet-ups, not necessarily to make friends in the beginning, but simply to have the **support of those around you** who are on the **same journey**.

For **stay-at-home-dads**, the **identity shift can also be jarring**. Cultural norms that lead to public "**mothers' rooms**" (thankfully now being renamed as "parent rooms"), images of mothers and babies on **product labels** and in **advertising**, the norm of "**mothers groups**" and those sideways looks that dads still receive when taking their children to the park. Added to this is the judgement from others around **career, success and what it means to "be a man"**.

Families are changing...

The notion of family is now, thankfully, much more **diverse, open and flexible**. We **belong** to one another – this is the fundamental notion of family. Whether step , foster or blended, single or same-gender, multi-generational – families are about **sharing values** and **raising the next generation of citizens**.

Whatever your family looks like – **celebrate you!** This is important work that you're doing.

Instincts and values

Getting the **right information** from the outside – to supplement what you are **learning and feeling about what’s right** for you and your own baby – can be challenging.

If you’ve grown up in a large family and always been around babies, helping with the feeding and settling, bathing and dressing – then you may not need much advice from baby “professionals”.

For most new parents, however, **having their own baby is the first time** they have really had intimate contact with the ins and outs of newborns and their needs.

Knowing your own values is the *key* to seeking and implementing advice.

For example, *Jennifer* believes that babies should receive a gentle introduction to the world, to have their needs met and feel nurtured, so that they feel that the world is a safe place. *Katy* believes that babies need to learn independence as soon as they’re ready, to develop strength and resilience so they can meet life’s challenges with ease. Different values.

Jennifer and Katy are both having trouble settling their babies for day sleeps. An independent midwife shows them how to swaddle and rock the baby to sleep, and reassures them that feeding to sleep is a valid strategy at this age. The Early Childhood Centre nurse tells them about self-settling and letting the babies cry.

As you may guess, Jennifer is more comfortable with the midwife’s advice to cuddle the baby, and Katy is more comfortable with the nurse’s advice about self-settling. Each one fits their own values, and is consistent with their own worldview.

Read books that **fit *your* values**. Seek **professional advice** that **fits *your* values**. If something **feels really uncomfortable, keep asking**. Try to hang out with **parents whose values are along the same lines as yours**, so that you can swap advice and feel comfortable with each other.

When parents feel supported, with services and advice that allows them to **securely raise their kids within their family’s values**, then the **children benefit** enormously.

Getting support

Pacing the hallway at 3am, with a screaming baby?

Need to take medication, and don't know if it's safe with breastfeeding?

Have pre-existing depression and want to monitor your moods post-partum?

Crying and overwhelmed, and not sure if it's normal?

There is help available!

Mothersafe

<http://www.mothersafe.org.au/>

Ph: **02 9382 6539** or **1800 647 848**

Monday to Friday, 9am-5pm (leave a message and a nurse will call back)

Comprehensive counselling service for women and their healthcare providers concerned about exposures during pregnancy and breastfeeding, for example:

- Prescription drugs
- Over-the-counter medications
- Street drugs
- Infections
- Radiation
- Occupational exposures

Common exposures are covered in their [factsheets](#).

Australian Breastfeeding Association

<https://www.breastfeeding.asn.au/>

Ph: **1800 626 268** (1800 mum 2 mum)

The *Breastfeeding Helpline* is available 7 days a week. It is staffed by trained, volunteer counsellors who answer calls on a roster system in their own homes.

Lactation Consultants of Australia and New Zealand (LCANZ)

<http://www.lcanz.org/find-a-lactation-consultant/>

Lactation Consultants are health care professionals who specialise in helping mothers and babies to breastfeed successfully. These are private practitioners who operate independently. Some midwives in maternity hospitals or early childhood nurses are also lactation consultants.

Early Childhood Health Centre – Queenscliff

Ph: **02 9466 2571**

Tuesday: 2.00pm- 4.00pm, Wednesday–Thursday: 9.00am - 4.00pm

NSW Health runs early childhood health centres providing regular appointments and baby check-ups, parenting courses, breastfeeding help, baby feeding help, childhood immunisation and specialist services for help and advice over the telephone. Most of these services are offered free of charge to residents.

Independent Midwife – Midwives Australia

http://www.midwivesaustralia.com.au/?page_id=68

An independent midwife can visit your home and help with mother's postpartum health as well as advice on baby care such as feeding, settling and other issues.

Hospital midwives: Many hospital-based programs offer home visits by staff midwives as part of their maternity services. Hospitals may allow you to return to the clinic or nursery to seek assistance from staff midwives after the birth – call your hospital for more information.

Tresillian Parent's Helpline

<https://www.tresillian.org.au>

Ph: **1300 272 736** (1300 2Parent)

Monday to Friday: 5pm-11pm for online chat advice

Tresillian is an early parenting service offering families guidance in the early years of their child's life. They support new parents around breastfeeding and settling baby, as well as dealing with post-natal depression and nutrition.

Services range from phone and online chat advice, to home visits (by referral) and day-stay or residential programs to support and educate parents.

Healthdirect Pregnancy, Birth and Baby Line (Aust govt)

<https://www.pregnancybirthbaby.org.au/>

Ph (7 days): **1800 882 436**

Guidance and reassurance about developmental and behavioural concerns from maternal child health nurses or talk to counsellors for emotional support.

Karitane Careline

<https://karitane.com.au/>

Ph: **1300 227 464** (1300 CARING)

Karitane's team includes family health nurses, paediatricians, social workers, psychologists and psychiatrists offering complete holistic care. Karitane offers support around sleep and settling, establishing routines, feeding and nutrition, toddler behaviour and pre and post natal anxiety and depression. Services include Careline, parenting centres, residential services, mental health centre, specialized toddler clinics and community outreach programs.

Dalwood Spilstead Centre

<https://www.dalwoodspilstead.com/>

Ph: **02 9951 0365**

Support for attachment issues and specialist therapies such as occupational therapy and child psychology. Support for dads with Dads at Dalwood Program. Circle of Security program, based on attachment principles.

Counselling and mental health support

- Lifeline (24hrs): **13 11 14**
- **Beyond Blue: 1300 22 4636**
- Mental Health Line (NSW govt – 24hrs): **1800 011 511**
- **Post- and Antenatal Depression Association Inc**



How we can help you in the postpartum time

We love supporting couples, mothers and babies – from conception through pregnancy, birth, postpartum and beyond.

If you need help with any of these issues, come and see us – let us help you:

- Low milk supply
- Mastitis or blocked ducts
- Persistent uterine bleeding
- After-pains (uterine pain especially while breastfeeding)
- Retention of placenta
- Night sweats
- Swelling and pain
- Insomnia
- Fatigue
- Emotional overwhelm or postnatal depression or anxiety
- Issues with babies – colic, reflux, constipation

*Best wishes to you and your family,
From all of us at **Ocean Acupuncture***