



# NURTURE YOUR BUMP

*Building blocks for a healthy pregnancy*



Metro North Hospital and Health Service *Putting people first*

## Workshop your baby bump

Knowing where to start on your pregnancy journey can be a little overwhelming, so we're here to make it easier.

*Nurture Your Bump* is a Metro North Hospital and Health Service antenatal group education program offered to all mums-to-be and their partners.

### Our workshop

Our 2-hour one-stop workshop, will provide you with all the building blocks needed to grow a healthy baby. Whether you have questions, or simply want to check if you are on the right track – this program is for you!

Facilitated by our experienced maternity dietitian, topics & questions covered:

- ✓ **Nutrition** – how much more of which foods do I really need?
- ✓ **Micronutrients** – which ones should I be focusing on?
- ✓ **Keeping active** – what exercise is safe & how much?
- ✓ **Food safety** – what foods do I need to avoid & what is the risk?
- ✓ **Breastfeeding** – do I need to eat or drink more?
- ✓ **Symptom management & weight gain** – remedies & recommendations

You will receive our *Nurture Your Bump* A to Z pregnancy guide & workbook, which includes goal setting and helpful lifestyle tracking tools.

### How to book your workshop!

- **10am – 12pm Virtual Group via Telehealth** – 3<sup>rd</sup> Friday every month

To book your workshop or for more information, contact Antenatal Clinic on **(07) 3883 7802**