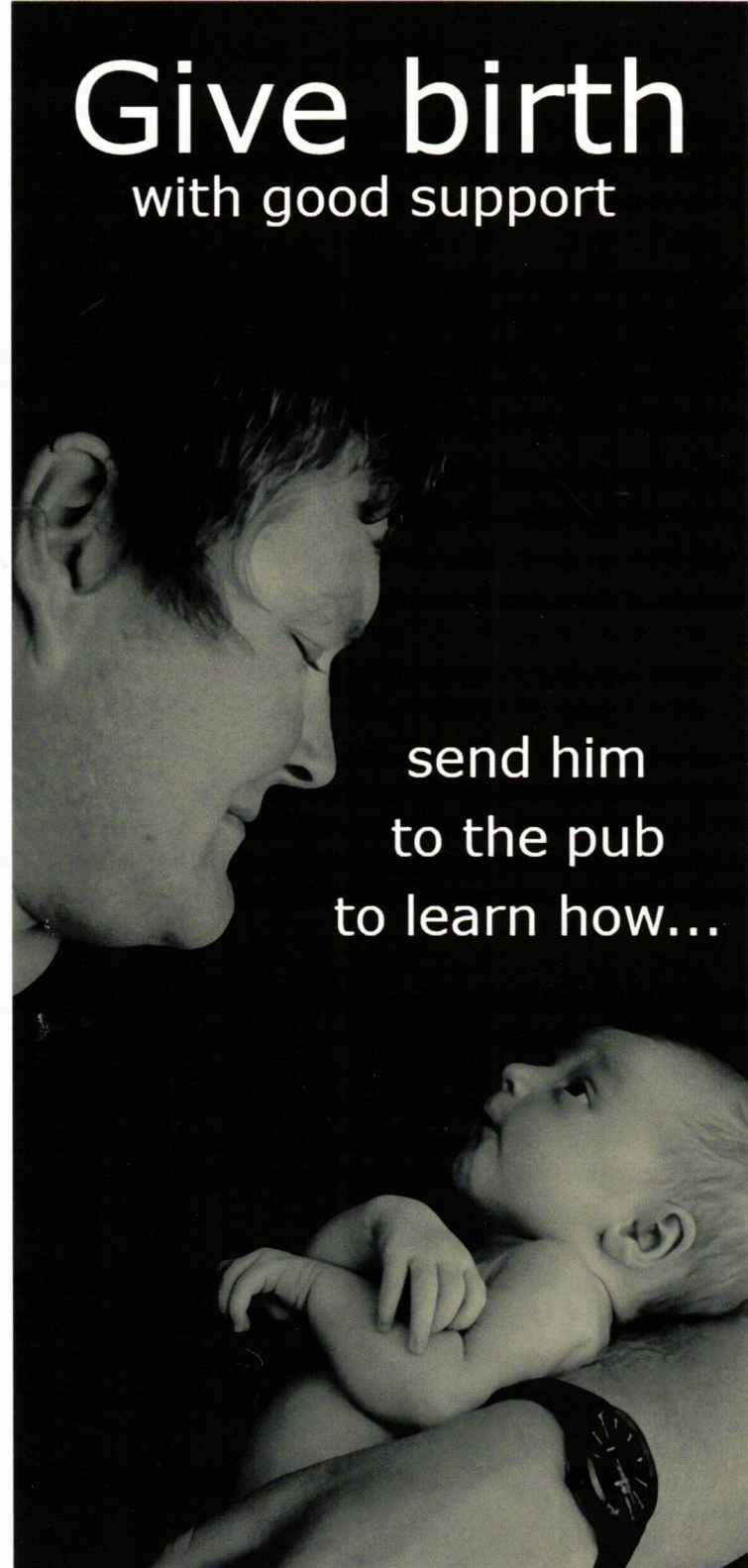


Give birth with good support

A black and white photograph of a man looking down at a baby. The man is on the left, shown in profile, looking towards the right. The baby is on the right, lying down and looking up at the man. The background is dark.

send him
to the pub
to learn how...

beer + bubs

childbirth + parent education for dads at the pub

Beer + Bubs is a one-night session at the pub where dads learn how to support their partner through childbirth. Designed to help men gain the practical knowledge they need to be involved in the birth in a positive and useful way.

- What should you never say to a woman in labour?
- How can a guy actively help with pain relief?
- What can support a faster and easier birth?
- Why is the first hour after birth so important to your baby?
- Why is it a bad idea to be texting your mother while your partner is in labour?

All this and more is covered in a fast-paced session where the atmosphere is informal and conversational. Hear from a dad who's just been through the gates of fatherhood and learn the kind of things that are not covered in the usual antenatal classes.

"I really enjoyed the night. I actually think this was far more interesting and more beneficial than any of the antenatal classes we had. I think having it more relaxed and in an open format (having a couple of beers probably helped as well) meant I was more engaged and could ask questions"

Jeremy.

Beer + Bubs is held in pubs all over Australia
Check the website for dates and venues
Registration inc 2.5 hr Session & Pub Meal
(Drinks Additional)

www.beerandbubs.com.au