

Support, knowledge and understanding

BumptoBaby

As an expectant or new parent you can face a range of challenges – physical, mental and social – during pregnancy and on the journey to parenthood. While support and information is available in the wider community, it can often be overwhelming working out which source of information is best for you and your family.

The **Bump to Baby** service offers an understanding and reassuring voice that provides expertise and support from pregnancy, right through to the first year of your child's life.

Our **Bump to Baby** team are not just a source of evidence-based information, they become trusted friends.

- ✓ Access to your own personal midwife, who gets to know you, your baby and your personal circumstances
- ✓ Increased confidence in your parenting with trusted and evidenced based advice
- ✓ Email or phone support at a time that suits you
- ✓ Personalised sleep and feeding support
- ✓ Ongoing health and risk screening delivered by COPE (Centre of Perinatal Excellence)
- ✓ 24/7 access to Nourish Baby™, an online pregnancy and parenting learning portal
- ✓ Regular check-ins on your emotional well being and feelings of social isolation that can come with new parenthood
- ✓ After hours scheduled outbound calls

Get in touch. To find out more please call 1300 224 334 or email bumptobaby@remedyhealthcare.com.au

