

## Course Content

The BUMP journey is a holistic approach to parenting education aimed specifically at young expectant parents under the age of 23.

These antenatal classes are ran in a relaxed, supportive atmosphere over 6 weeks for 2 hours per night. Pregnant Mum's are encouraged to bring their partner if possible, but are just as welcome to come alone. The evening begins with an interactive teaching element with plenty of time for applied, hands-on learning and discussion. This is followed by a light supper which is a great time for discussion, questions and interaction with other future parents.

### Content covered:

- **Change and Growth:** How feelings and philosophies impact on birth
- **Keeping Healthy & Relaxed:** Nutrition, healthy pregnancy and pelvic bodywork
- **What Will It Be Like?** Birth physiology and hormones
- **I Can Do It!** - Reframing pain, comfort measures for labour and baby positioning
- **My New Born:** Needs of your new born. Self esteem and self care
- **Where To Go For Help:** Labour and birth, post natal support and post natal depression

## Mum to Mum Peer Support

Our Mum to Mum Peer Supporters are a bonus feature of the BUMP Journey. Young Parents can choose to be paired with another Mum or Dad who will be available to take you out for a hot drink and chat about how things are going. These volunteers are already parents so know about the birthing process and will be a great source of encouragement and reassurance to you before and after birth.

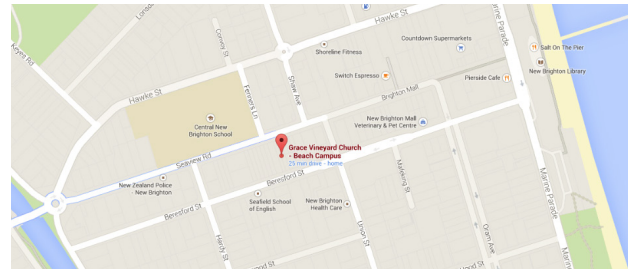
## Where do I Sign Up?

**Contact:** Teisha Nicholson  
**Pop In:** 111 Seaview Road  
**Call:** 03 388 1001  
**Mobile:** 027 894 8694  
**Email:** bump@yat.org.nz  
**Online:** www.yat.org.nz

## Venue

Grace Vineyard Beach Campus is located at 111 Seaview Rd, New Brighton, between Pizza Hut and United Video.

Many bus routes run to New Brighton including Yellow Line, No.135 & No 60. See [www.metroinfo.co.nz](http://www.metroinfo.co.nz) for more info.



Bump Pregnancy & Parenting Education for Young Parents is approved, funded and supported by



Pregnancy & Parenting Education  
for Young Parents

## 2015 Programme

Tuesdays, 6.30pm - 8.30pm

Youth Alive Trust, 111 Seaview Road, New Brighton

**Programme 1:** Tuesday 31 March - Tuesday 5 May

**Programme 2:** Tuesday 19 May - Tuesday 23 June

**Programme 3:** Tuesday 1 September - Tuesday 6 October

**Programme 4:** Tuesday 3 November - Tuesday 8 December

## Our Team

### Rosemary Joyce Facilitator

Rosemary has been a nurse for over 10 years and runs BirthWorks antenatal classes through her organization 'The Birthing Room'. As a mother of three boys and one girl, she is passionate about family and empowering future mums and dads to be confident in their instincts surrounding parenthood.



### Teisha Nicholson Coordinator

Teish is a mother of two boys and passionate about serving the community. Her role is to enrol parents, organise the evening, coordinate the Mum to Mum Peer Support and inform you of wider support programmes.



## Other Support

### Little Bears Playgroup

Parents are invited to be a part of our existing community Little Bears Playgroups. These casual groups run on various days and provide fun activities for pre-schoolers and social interaction for parents. The Playgroup is funded and approved by the Ministry of Education and hosted in our modern crèche facilities.



### Bump Playgroup

Once baby is born, young parents are encouraged to continue journeying together and sharing experiences with each other by forming a playgroup together. This is a relaxed, safe and supportive environment and will assist in further development of friendships, learning opportunities and support.

### Breast Feeding Drop In

Mums are welcome to drop in once a week for a chat and a coffee and get support and advice especially around the issue of breastfeeding.

### Mum & Baby Exercise Classes

These classes help mums before and/or after giving birth, to strengthen their abdominal muscles, this in turn reduces back pain, pelvic pain and encourages faster recovery. No need to find a babysitter, bring baby with you!

### Budgeting Support

Every parent may access this free service to help their family set strong financial foundations. Receive up to 4 individual sessions with a trained budget advisor from Compassion Trust.

### Youth Services

Youth Alive Trust a large array of children's and youth programmes around the east of Christchurch. Hundreds of people are supported every week through their after School Clubs, schools work programmes, holiday programmes, camps, mentoring, music lessons and community events.

### Zumba Classes

Work out with Jen Harvey, young mother of 3 boys every Thursday evening and Saturday morning. Meet new friends, while getting into shape and having a fun time!



### Eastern Community Hub

111 Seaview Road used to be a Dollarwise Supermarket. It is now a supermarket of social services, hosting agencies and programmes that support all ages in our community. The Grace Vineyard Church Beach Campus facility has many facilities including a 300 seater auditorium, crèche, music room, youth gym, lounge, meeting rooms, budget advice centre, and offices for agencies. It has been undergoing a \$2.5 million modernisation renovation including earthquake strengthening funded through grants and donations. It hosts lots of information about other local programmes and support.

This Hub will be a one-shop of information and resources concerning parents, children and families.

Office walk-in hours are 9-5pm weekdays and reception can be reached by calling 03 388 5459.