

Defence
Health



MyBaby

Support Program



Looking after you, while
you look after your baby

November 2023



Our commitment to your family

Pregnancy is an exciting time. Whether it's your first or fifth, your health and that of your little one is our concern too. That's why we offer MyBaby for extra care during your pregnancy, your baby's birth and beyond.

The MyBaby Support Program is structured on expert advice, tailored content and resources, as well as practical ante and postnatal support. It's a bundle of extra care for mums, dads and babies.

Our program is available at no cost to members with silver, silver plus or gold level hospital cover.

More for ADF members

Sleep and settling telephone support

ADF Total Package Gold members receive three 30-minute phone consultations within baby's first six months.

Phone support is delivered by qualified and experienced maternal child health nurses and early childhood professionals at Safe Sleep Space. They are Australia's leading specialists in infant and toddler sleep and settling. Their techniques are underpinned by research and an understanding that every child and family is unique.



Supporting you on your journey to parenthood

Nourish Baby Online

Delivered by qualified antenatal and early parenting professionals, Nourish Baby's online courses feature engaging videos, interactive graphics and learning activities, knowledge checks and other resources to support you through pregnancy, birth and early parenthood.

Topics include:

- pregnancy health and fitness including antenatal and postnatal pelvic health
- labour and birth preparation (including caesarean birth)
- breastfeeding, formula feeding and introduction to solids
- emotional health and wellbeing
- baby and toddler growth and development including safe sleep and settling from birth to age 3.

Nourish Baby is accredited by the Childbirth and Parenting Educators of Australia; the Australian Council of Healthcare Standards; and recommended by the Centre of Perinatal Excellence.

First Aid eBook – A life. A finger. A pea up a nose.

Written by paediatric nurse, Sarah Hunstead, *A life. A finger. A pea up a nose.* is a practical, step-by-step guide to first aid for babies and children. It's an essential resource for parents and it's free to you as part of the MyBaby Support Program.

Contact Us



Phone

1800 335 425

8:30am to 7:00pm Monday to
Thursday AEDT/AEST

8:30am to 6:00pm Friday AEDT/AEST



Web

defencehealth.com.au



[/DefenceHealth](https://www.facebook.com/DefenceHealth)



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Post/Street Address

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Melbourne, Victoria 3004

Register

**@MyBaby Support Program
on our website or call us on
1800 335 425.**



If you have the ADF Total Package Gold and would like to participate in the maternity support coaching program please give us a call.

MyBaby is just another way we care for the Defence community. Because your family is part of our family too.