










MATER MATERNITY WEEKLY PROGRAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Please Call 8788 for Baby Bath 						
9.30am Physiotherapy: ML Postnatal Exercises	9.30am Physiotherapy: ML Postnatal Exercises	9.30am BABY MASSAGE – GN 9.30am Becoming a big brother or sister - supporting siblings with a new baby – ML	9.30am Physiotherapy: ML Postnatal Exercises	9.30am BABY MASSAGE – GN 9.30am Becoming a big brother or sister - supporting siblings with a new baby – ML	9.30am Physiotherapy: ML Postnatal Exercises	
10.30am Bringing baby home - what to expect after you leave hospital ML		10.30am Bringing baby home - what to expect after you leave hospital ML		10.30am Bringing baby home - what to expect after you leave hospital ML		
11.30am BREAST FEEDING: ML * 	11.30am BREAST FEEDING: ML * 	11.30am BREAST FEEDING: ML * 	11.30am BREAST FEEDING: ML * 	11.30am BREAST FEEDING: ML * 	11.30am BREAST FEEDING: ML * 	11.30am BREAST FEEDING: ML * 

ML = Maternity Lounge

GN = General Nursery