



Things to Think About

The following is a list of topics you may wish to consider and research further. If you have questions or want assistance you can ask your Educator for more information or you can call CMWA on 9430 6882 and ask to speak to our Midwife.

While the internet is the usual and most effective place for information, the content and quality of sites will vary. CMWA's website has a range of links on it to get you started. To access books, our specialist lending library is available for members (\$20 waged, \$10 unwaged).

- Alcohol
- Anti D for Rhesus negative women
- Cord blood collection and storage
- Diet in pregnancy
- Exercise
- First trimester screening tests
- Group B Strep screening
- Hepatitis B immunisation
- Listeria
- Lotus Birth
- Management of the third stage of labour
- Newborn Hearing Test
- Newborn Screening Test (Guthrie or Heel prick test)
- Optimal Foetal Positioning
- Pills, medicines and other drugs
- Screening for Gestational Diabetes
- Smoking
- Ultrasound scanning
- Vitamin K (Konakion)
- Waterbirth