

# Parenthood

pregnancy planning and management, colorectal health, breastfeeding, wellbeing



**It's easy to register**

[www.kareenaprivate.com.au](http://www.kareenaprivate.com.au)



Kareena Private Hospital  
Conference Room, Ground Floor  
86 Kareena Rd Caringbah 2228



**Wednesday 12 February 2025**  
RSVP Friday 7 February



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## PROGRAM

**6.00pm** Registration and dinner

**6.30pm** Presentations and discussion

**Pregnancy planning & early pregnancy management**

Dr Nancy Peters, *Obstetrician and Gynaecologist*

**Colorectal health in pregnancy**

Dr Allan Kwok, *General Surgeon*

**Breastfeeding**

*Lactation consultant*

**Emotional wellbeing of expectant, new & potential parents**

Gidget Foundation

**8.30pm** Evaluation and close

Optional Maternity Unit tour

## LEARNING OUTCOMES

- Outline a checklist for the pre/post-natal visit
- Identify colorectal problems in pregnancy and how to prevent them
- Describe breast feeding support services and referral
- Outline factors effecting emotional wellbeing for new/expectant parents



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