



Our Origins

The **DADS HIVE** Program was created in response to a need in our LGBTIQ community for individualised support to couples and individuals who have chosen to adopt or use a surrogate to provide them with an opportunity to become parents.

Hi. I'm Rachael Matthews - a midwife, registered nurse and educational trainer with 23 years' experience in the area of working with families to navigate this transition from couples to parents. I created this program as my passion is to provide you with information that empowers you to feel like you are parenting well, and to provide you with knowledge that you are providing optimal care physically, emotionally and mentally for yourselves and your new baby.

How is the Program Delivered?

Traditionally there are a couple of ways individuals and couples can gather the information they need to prepare themselves for the exciting event of bringing their new baby home. These are hospital-based postnatal information sessions which may have some hands-on experiences, or some couples prefer to read books and watch videos to instruct them on baby care techniques.

Each household is uniquely different, so the **DADS HIVE** Program was developed to bring all this information, demonstration and practical hands on experiences into your own home at a time convenient to you. You may work full-time or on the weekends,

so traditional classes just don't fit into your busy routine.

You Have the Floor to Ask as Many Questions as You Want!

I am available to you outside of the planned hours that I spend with you as an ongoing resource for you. This can come in the form of phone, skype or home visits. If your baby is from an overseas surrogate, then you may find yourself in a situation where you become isolated from the support of your family and friends while you are picking up your baby. My intention is that you will leave Oz fully prepared with all the necessary information, skills and resources to thrive and feel confident from day one with your new baby. Preparation is the key. I will guide you through scenarios you haven't even imagined could occur and give you solutions if they occur.

Our first meeting is primarily to find out a bit about your situation and how I may be able to work in collaboration with you and/or your partner to prepare you to bring your baby home and to support you with your new bub at home if needed by phone or in-home visits. I will supply you with a couple of lists to fill out and gather some personal information from you both and you can get to know me as well. This session is usually in a café central to us both.

All one-on-one sessions are charged at \$120.00/hr and an amount of time is planned prior to our visit based on topics to cover. There is currently no health fund rebate for this type of service, however there are very few services that offer this type of support, knowledge and expertise.



Topics Include:

- Preparation to bring bub home including clothing, hygiene needs, furniture, car seat, what to pack in nappy bag etc.
- How much you would expect your baby to sleep, eat, play each day. I will provide you with realistic week to week routines and frameworks you can expect from your baby from 0-3 months.
- How to set up a soothing environment which promotes sleep using aromatherapy diffusion, baby massage, music and swaddling techniques.
- Breast milk banks, demonstration of formula preparation and storage, feeding equipment and sterilisation methods.
- Baby handling skills including bathing, settling to bed, nappies and dressing.
- Infant communication and bonding ideas.
- Information on groups available in your area to plug into to form a playgroup.
- Tips and information from Qantas for travelling with your baby.
- How to be a present and mindful parent without losing yourself in the process.
- Creating boundaries for yourself, your child, your family... How to say no and feel good about it!
- Relationship changes are common when you have a young child to care for. Exercises for you and your partner to participate in to arm yourself with as much knowledge about yourself and each other's love language which can help to give you both hands-on skills to care for yourself and each other in times of stress.

NOTE: I am also certified and qualified to teach **Infant First Aid and CPR** and this is available on request. This is an In-Home course to be taught in the comfort of your own space.

The DADS HIVE Program take home resources include:

- Lists to use as a guide of what clothing, furniture, lotions/hygiene products to have ready for when you bring your baby/babies home.
- Pamphlets from supporting organisations who provide support for Parents who may develop postnatal depression in response to this huge life change.
- Visual guides on:
 1. Nappy changing
 2. Preparing a newborn bath

3. How to carry your baby
4. What to try if your baby is crying
5. Massage and simple reflexology for your baby to help sooth teething, wind and promote relaxation and sleep
6. Formula preparation and storage
7. Tummy time
8. Benefits of wrapping/swaddling
9. SIDS and SUDI guide.
10. Bonding through cuddling, contact and facial expression
11. What is normal in the first week with wees and poos chart
12. Hungry cues
13. Nine essential items for travel and your nursery.
14. Amber teething beads... Are they useful?

The topics listed here are not the only information available. My teaching and demonstrations are based on your individual needs. You may have had children from a previous relationship, so some skills have been mastered already. I look forward to getting to know you as a couple, so I can see how we can best work together, so you feel empowered to step into this new role as a parent of a newborn.

Please note this program is designed for families with one or two men fathering a child. I also have a program specifically for women who become parents where one mum may have birthed the baby, and both are growing in knowledge together in parenting also. Both programs are similar but uniquely different, as we are as men, women, transgender or gender fluid parents.

Thank you for taking the time to read the information I have provided to you about the **DADS HIVE** Program presented by Lotuspoint Training Programs.

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