

1 February 2012

FROM BEER TO MATERNITY

A new concept in prenatal classes has men in the Geelong region heading to the pub in the name of childbirth.

Dads are usually overlooked when it comes to childbirth preparation. Yet when it comes to the big day, they need to know how to support their partner through what can be the most physically challenging and emotionally charged event in their lives.

Beer + Bubs, a one-night session held in local pubs, was developed by Sydney-based childbirth educator and birth attendant, Lucy Perry and is making its debut in Geelong as part of Blokes Day Out (23 March - 1 April).

"I could see that dads really wanted to be involved in the births of their babies, they just didn't know how," said Lucy. "But they like the idea of heading to the pub with a bunch of other men who are in the same boat as them."

Beer + Bubs has been running in Sydney for six years, going national in 2009 with dads in all major Australian cities and some regional areas sinking a few beers in the name of fatherhood.

"Most men are surprised to learn that childbirth is not a spectator sport and that they can have a profound impact on their partner's birth experience, helping to make it faster and easier for them," says Beer + Bubs Geelong facilitator, Rachael Mcleod.

The two-and-a-half-hour session covers what to say and what not to say during childbirth, tips on how to be an advocate for the birthing mother, practical tips on pain management as well as specific recommendations on how to support a woman through each stage of labour, including a caesarean.

"The friendly, casual atmosphere of the pub is a great venue for childbirth education," said Rachael, a childbirth educator. "Childbirth is unfamiliar territory for most blokes, so it's more comfortable for them to be in their natural environment to learn about something so foreign!"

Blokes Day Out facilitator Peter Kelly said Beer + Bubs is a welcome addition to the event line-up.

"The philosophy behind Blokes Day Out is celebrating what it is to be male. Fatherhood is such a defining moment in a man's life and it's great to see this new initiative coming to Geelong," Peter said.

Beer + Bubs will be held at the Grovedale Hotel on 27 March and 8 May. Check the website for details and bookings www.beerandbubs.com.au or phone 0415 288 438.

ENDS

Images available on request. For media enquiries please contact Rachael Mcleod, ph. 0415 288 438 or melbourne@beerandbubs.com.au.

[Click here](#) to find out more about Blokes Day Out.