



Issue 5

April 25

Midwifery Moments Newsletter

News and events from the Brisbane Midwifery Society

Meet the team

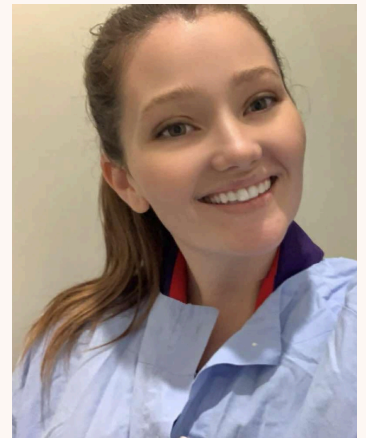
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Emma - President



Daynaira - Vice President



Sinead - Secretary



Lauren - Treasurer

A note from the President



We are absolutely thrilled to welcome you to another exciting year with the Midwifery Society! Whether you're just starting out or well into your journey, we're here to support you every step of the way.



This year, we've got a jam-packed calendar lined up just for you! From hands-on professional development days that'll keep you sharp and ready for anything, to creative craft sessions that will bring out your inner artist (yes, midwifery and glitter can totally go hand-in-hand ✨), we've got something for everyone.

But it's not all work and no play! Join us for our community and social events where you'll meet fellow midwifery students, make new friends, and share laughs with like-minded individuals who get you. 🤗

Here's to a year full of learning, growth, and amazing memories! Let's make it one to remember!

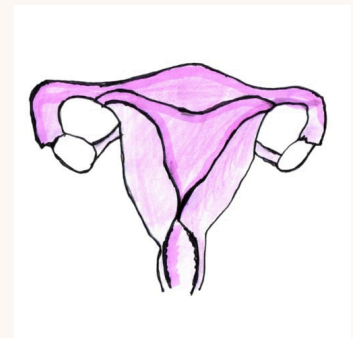
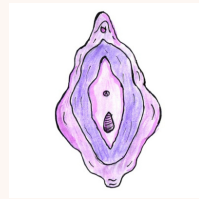
Welcome aboard, and we can't wait to see all of you there! 🌟

Emma

Brisbane Midwifery Society News/Events



O-week celebrations



Brisbane Midwifery Society News/Events



Mark it in your calendar

April - May



APRIL

Coffee & Craft catchup -
Making Cuddle hearts for NICU



APRIL

ACU Vacation week 21st - 27th



MAY

International day of the Midwife
Paint and Sip event TBA



MAY

Supportive caregivers training
9-3

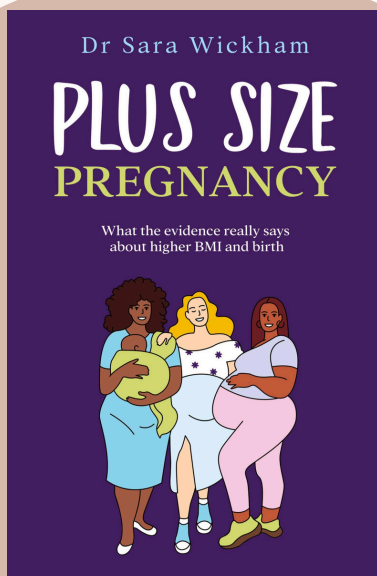


COMING SOON

Pharmacology Workshop - Learn Pharmacology for Midwives
from the professionals

Recommendations

Book of the month



- Discover the eye-opening truth about why BMI is a poor measure of health, and why your size or shape has far less impact on your health than you might think.
- Access the real data relating to the potential risks of having a higher BMI during pregnancy, birth and beyond.
- Learn from reliable, clear explanations of the evidence relating to the tests and interventions commonly recommended.
- Arm yourself with tips on how to advocate for yourself and your baby.
- Find out the surprising advantages of being larger and learn why some women with a higher BMI might have better outcomes.

Buy it [Here](#)

Podcast of the month



Episode 29 & 30
Big Babies, Small Babies

In this episode Mel explores the accuracy of technologies that can help determine the size of a baby before it's born, the factors that influence the size of your baby and the place of induction when your baby falls outside of the 'normal' size range'. She also talks all about big babies, why they grow that way and how to navigate the consequences of being diagnosed with a 'Big baby'.

[Listen Here](#)

Check them out and let us know your thoughts on these recommendations
Have you read/listened to/or followed great midwifery content? Let us know so we can share

Coffee & Craft Cuddle Hearts

The simple act of holding your baby is something parents in Neonatal Intensive Care Unit (NICU) can't always do. To help them stay connected, soft fabric cuddle hearts are given to mum and baby, linking them when the two can't be together.

The 'Cuddle Heart' carries the unique scent of mother, and is a small but important tool providing comfort and connection when the pair can't be together.

The idea behind the hearts is simple, New mothers are given a set of three Cuddle Hearts: one for mum, one for baby and one for the wash.

One heart stays with the mother, while the other is placed with the baby in the Neonatal Unit. The mother is encouraged to hold one heart against their skin to absorb their scent.

Over time the hearts are swapped so that each carries the comforting scent of the other.

The hearts helped parents feel reassured that a part of them was always close to their baby.



Join us Tuesday 15th April 10am - 1pm at the Banyo Cafe for coffee, craft and catch ups.

Where we will sew cuddle hearts to be donated to Brisbane Hospitals.

A special event for all Midwifery students
in partnership with



Supportive caregivers training

Hypnobirthing Australia

This special intensive training is specifically designed to equip caregivers with an understanding of the hypnobirthing philosophy, language and tools that you can utilise in your very important role of supporting mothers and families.

Thursday 15th May @ 9am

\$150 for all students

All day event

10CPD hours

For Midwifery Society members

Register before

Thursday 8th May for the chance to have the cost of your ticket refunded!

Register now



RAFFLE

Go into the draw to

win a

Littmann

Classic II

Stethoscope

Valued at

\$165.70

TICKETS:

\$2 = 1 entry

\$5 = 3 entries

Drawn 17th April



Proudly sponsored by:



Connect with us



Website:

aculife.acu.edu.au/BRISMidSoc

Here you can:

- ~ Sign up to be a member of BMS
- ~ Find and RSVP to upcoming events

Facebook:

Brisbane Midwifery Society ACU

Instagram:

brisbane_midwifery_society_acu

Email:

midwiferysociety.brisbane@myacu.edu.au

If you have an idea for an article, an achievement to share or a story to tell for our next newsletter, we would love to hear from you.
Send us an email today.



Do you want to...

Learn Leadership skills,
Make a positive change,
Add some extra skills to your
CV and have some fun along
the way.

We are seeking students from
1st and 2nd years to join the
executive team as shadow
executives to help lead our
society in 2025.

Workload required is approx 1-
2 hours per week shared
between us.

Email us, drop us a DM or let us
know you are interested in
person at our next event.

Join the Brisbane Midwifery Society



\$10 - 1 year membership
\$25 - 3 year membership
\$15 - Alumni membership

Free or discounted access to
courses and events Midsoc
Newsletter
Giveaways