



# Living here parenting

WITH ALICE GORMAN  
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## Nurturing new mums and bubs

QUEENSLAND'S first private clinic for pregnant and post-natal women has opened at Southport.

Nurture Co. is backed by a group of Gold Coast obstetricians and paediatricians and is run entirely by nurses.

From sleek rooms in the new Southport Central tower, registered nurses Michelle Jackson and Emma Gerrard offer a range of services, including antenatal and parenting classes for new mums and their babies.

Michelle, who has worked as a midwife and child birth educator for 16 years, says the privately run clinic will fill a gap in the services available on the Gold Coast.

The clinic offers lactation and breastfeeding support services, day-stay sleep clinics and postnatal education for parents.

She says while the public services are brilliant, they are overstretched and women can wait up to eight weeks for an appointment.

And as any new mum will attest, when you're sleep deprived and struggling with feeding and settling issues, waiting eight weeks for help just isn't viable.

"There's fantastic support on the Gold Coast but it's limited," says Michelle. "We are filling that void - we're a one-stop baby shop."

"We offer ante-natal classes, post-natal clinics, lactation and breastfeeding support and day-stay sleep clinics. We will help nut out the little issues that parents are having whether it be with settling or with breastfeeding."

The clinic is open to both public and private patients and visits cost \$50 for a 20-minute consultation to \$250 for a six-hour day stay.

While these fees are not claimable through Medicare or private health insurance, Michelle says changes in November may enable some rebates on services.

She says the charges are on par, if not cheaper, than receiving an in-home visit from a private child health nurse or lactation specialist.

Nurture Co's first client, new



New mum Joelene Powell, left, with two-week-old Harley Franklin Sash, midwife Michelle Jackson and paediatric nurse Emma Gerrard at Nurture Co. in Southport  
Photo: JAY NEL-MCINTOSH

mum Melanie Holden, took her five-week-old son Cooper in for advice on sleeping and feeding.

"I'm just trying to get him into a routine so he's more settled at night," says Melanie.

"He's been sleeping all day and has been awake all night which is putting our lives into chaos."

"It's been hard. The sleep deprivation is the biggest thing, just having to be up at night and not knowing if you're feeding properly."

"I really didn't know a lot about babies prior to having Cooper and I hadn't had much interaction with other mothers. I was very focused on my career."

"You can go to a course or read a book which will tell you everything but it's not until you have that baby that it really matters."

"It's the life experience once you have the baby. Being here has been great. It's giving me basic information and knowledge - how do I feed? How long should he be sleeping? Is what I'm doing right?"

Michelle and Emma are mums. Michelle has three children and Emma is about to give birth to her fourth child.

Emma has worked as a paediatric nurse and infant massage instructor in Australia and the UK.

Until recently she ran the Little Dreamers sleep and settling clinic and knows first-hand that babies are unpredictable creatures.

Just because you had no problems with your first child doesn't mean you'll breeze through sleeping and feeding with your second or third child.

"There's no rhyme or reason, every baby is different," she says.

"My first was horrible. I had no idea what I was doing and I had issues with feeding and reflux."

"My second was a great sleeper but a horrible feeder."

"Both Michelle and I have that experience behind us both professionally and personally."

Michelle, Emma and other Nurture Co. staff subscribe to the same beliefs and methods so clients will always receive consistent advice.

Michelle says the clinic has direct links to local obstetricians and paediatricians and, if a more serious problem is suspected, clients will be referred immediately to the appropriate specialist.

Go to [www.nurtureco.com.au](http://www.nurtureco.com.au) for further information.



### Dinner in 20 minutes

Time poor? Never fear. Each day we will include a fast, simple recipe guaranteed to be a hit with the kids and most importantly it will only take 20 minutes (or less) to whip it up

#### Cajun lamb kebabs



#### Ingredients (serves 4)

600g lamb leg steaks, cut into 2cm pieces  
1 tbsp cajun seasoning (see note)  
olive oil cooking spray  
200g Greek-style plain yoghurt  
2 tbsp chopped fresh mint leaves  
2 tbsp lemon juice  
4 wholemeal pita breads  
75g baby rocket  
lemon wedges, to serve

#### Method

Place lamb and seasoning in a bowl. Toss to coat. Thread lamb on to skewers. Spray a barbecue plate or chargrill with oil. Heat over medium-high heat. Cook skewers for 4-5 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover to keep warm. Meanwhile, place yoghurt, mint, lemon juice and salt and pepper in a bowl. Stir to combine. Cook pita breads on barbecue plate or chargrill until browned. Place on plates. Top with rocket, kebabs and yoghurt. Serve with lemon wedges.

#### Note

Cajun seasoning is made from salt and dried spices - including paprika, pepper, garlic, chilli, fennel and thyme.

Source: [www.taste.com.au](http://www.taste.com.au)  
Send your recipes for Dinner in 20 minutes to [editorial@goldcoast.com.au](mailto:editorial@goldcoast.com.au)

## The Wilson HTM Brisbane to the Gold Coast Cycle Challenge

### ENTRIES NOW OPEN!

Entries are well and truly open for this year's Wilson HTM Brisbane to the Gold Coast - 100km and Wilson HTM Logan to the Gold Coast - 60km Cycle Challenge on 10.10.2010! Over 10,000 entries are expected at this year's Cycle Challenge, so be sure to sign-up and help create history. To take advantage of the early bird entry fee make sure you enter before September 17th.

To enter or for more information log onto [www.bq.org.au](http://www.bq.org.au)



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