



Dr Mel Cave



Nurse Kelly Clarke

Dr Mel and Nurse Kelly both enjoy providing care and support to new mums and babies. For them, being able to be part of such a precious and memorable time is such a special experience.

Dr Mel comes from a background of being a midwife and now a practising GP, working in the Illawarra for the past 8 years and is well known for her special interest in antenatal care and early childhood.

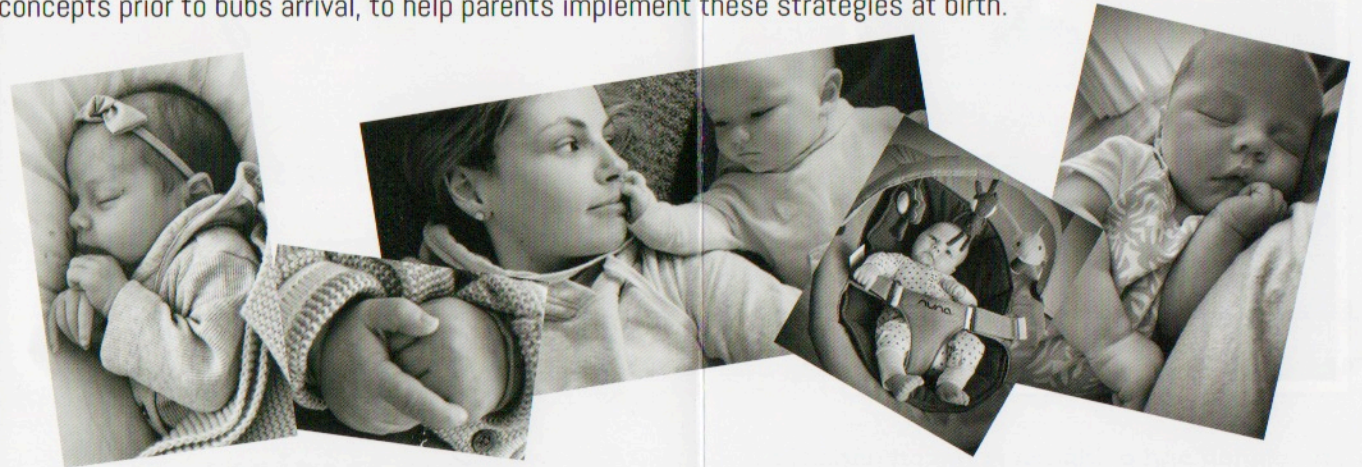
Nurse Kelly has been nursing for over 20 years and has the life experiences of raising her own children and grandchildren whilst also supporting many new families through their parental journey.

Both Dr Mel and Nurse Kelly are keen to enhance the service they offer all new mums and families in the Illawarra, noticing the lack of accessible support and prolonged waiting times for new parents in the areas of feeding, cry/fuss and sleep problems.

(Permission has been given for use of all photos in this pamphlet).

The Jamberoo Surgery introduces private appointments specifically for feeding, cry/fuss and sleep difficulties up to the age of 12 months. Dr Mel Cave and Nurse Kelly have completed the Masterclasses offered by the Possums Education (<https://education.possumonline.com/pipps>). These sessions pull on evidence based research and up to date practices to support new parents and babies through the new phase of parenthood.

For breastfeeding mums, guidance is offered based upon the Gestalt model for breastfeeding. Mums who are bottle feeding are introduced to the concept of paced bottle feeding and how this technique can aid and support feeding difficulties. The surgery encourages and offers an appointment antenatally to discuss these concepts prior to bubs arrival, to help parents implement these strategies at birth.



Sleep and cry issues can be very challenging and exhausting for all. The concepts practiced and advised by the surgery are offered as a guide to help alleviate cry/fuss issues. The advice is to be experimented with and not all information will be suitable for your family but various aspects implemented may benefit your family dynamic and help with settling. Focus is centred on concepts to enhance a baby's sensory experience as well as sleep issues.

This service is not designed to replace your standard GP appointments and is offered as an additional, private resource for those who feel they require or would benefit from extra support with feeding, cry/fuss and sleep difficulties. For more information please call the surgery on (02) 42074222.

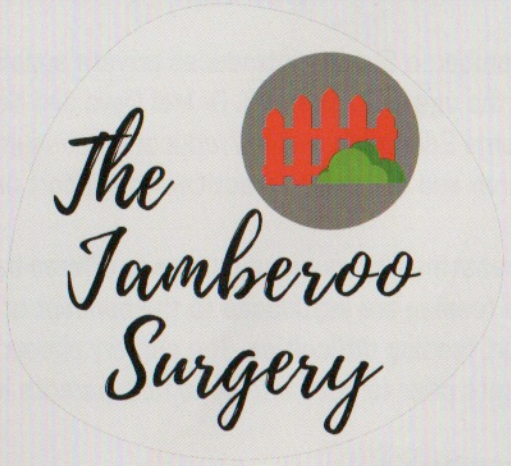
Dr Mel Cave and Nurse Kelly are currently on their way to becoming NDC (Neuroprotective Developmental Care) accredited practitioners in 2022 and both look forward to supporting families further through the early stages of parenthood.

Dr Cave and Nurse Kelly are keen to support you and your new baby by offering flexible appointments to help suit your family. These appointments are designed to allow time to discuss and explore your personal concerns, so you don't need to feel rushed. The surgery also offers home consultations if preferred.



Our knowledge and guidance is based upon the Possums framework, designed by Dr Pamela Douglas, please see the link here for more details: <https://education.possumsonline.com/pipps>

For more information regarding appointments, packages and fees, please ring the surgery on (02) 42074222.



Caring for Mums and Bubs

**65 Churchill Street
Jamberoo 2533**

(02) 42074222

www.thejamberoosurgery.com.au



The Jamberoo Surgery



Introduces 'Mums and Bubs' support for feeding, cry/fuss and sleep difficulties

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