



AIS



CQUniversity
AUSTRALIA

HELPFUL RESOURCES

AIS High Performance Pregnancy Guidelines

Australian Institute of Sport

https://www.ais.gov.au/_data/assets/pdf_file/0005/1033349/AIS-High-Performance-Pregnancy-Guidelines.pdf

Are You an Athlete Considering Pregnancy? Factsheet

Female Performance Health Initiative

https://www.ais.gov.au/_data/assets/pdf_file/0011/1055495/36706_FPHI-Are-you-an-athlete-considering-pregnancy-fact-sheet.pdf

Are you an athlete who is currently pregnant? Factsheet

Female Performance Health Initiative

https://www.ais.gov.au/_data/assets/pdf_file/0005/1085099/36945_Pregnancy-Fact-Sheet_D3.pdf

FPHI Medical and Physical Therapy Referral Networks

<https://www.clearinghouseforsport.gov.au/networks/fphi>

Additional Educational Resources

For additional resources and education modules regarding menstrual health, contraception, eating disorders, pregnancy, breast health, pelvic health and various other topics visit the FPHI links below.

<https://www.ais.gov.au/fphi/female-athlete-resources>

<https://www.ais.gov.au/fphi/education>

Pelvic Floor Health and Information

Continence Health Australia

<https://www.pelvicfloorfirst.org.au/>

Pregnancy, Childbirth, and Parenting Information

Raising Children Network

<https://raisingchildren.net.au/>

Pregnancy, Childbirth, and Parenting Information

Australian Government, Department of Health and Aged Care

<https://www.pregnancybirthbaby.org.au/>

Breastfeeding Information and Support

Australian Breastfeeding Association

<https://www.breastfeeding.asn.au/>

Childcare and Child Support Payments and Services Information

Australian Government, Services Australia

<https://www.servicesaustralia.gov.au/raising-kids>

Mental Health Referral Network

Australian Institute of Sport

<https://www.ais.gov.au/MHRN>

Peri and Postnatal Mental Health Support

Perinatal Anxiety & Depression Australia (PANDA)

<https://www.panda.org.au/>

Parent Counselling and Information (QLD & NT – only)

Parentline

<https://parentline.com.au/>

Career Practitioner Referral Network (staff and health professionals - only)

Australian Institute of Sport

<https://www.ais.gov.au/career-and-education/cprn>

Networking, Personal and Professional Development (athletes – only)

Minerva Network

<https://www.minervanetwork.com.au/>

Adoption, Surrogacy and Fostering:

Domestic and intercountry adoption: <https://www.intercountryadoption.gov.au/countries-and-considerations/other-care-options/domesticlocal-adoption/>

Surrogacy: <https://www.surrogacy.gov.au/>

Support for foster carers and other non-parent carers: <https://www.servicesaustralia.gov.au/support-for-foster-carers-and-other-non-parent-carers?context=60011>