

Childbirth Education Course

We regard childbirth education as an integral part of our family centred care. Awaiting the arrival of your baby can cause unnecessary anxiety and apprehension. With this in mind, the Childbirth Education Course is organised for expectant mothers and their partners to prepare them for the experiences and challenges ahead.

4 Weekly Lessons

(2.5 hours/session, + 1 Complimentary Doctors' Talk)

Course Contents:

Lesson 1: Physical & Mental Preparation

- Pre & Post Natal Exercise
- Nutrition Before and After Delivery
- Coping with Pregnancy Discomfort
- Back Care and Postures
- Myths and Traditions
- Baby's Brain Development
- Instructional Video
- Q&A

Lesson 2: Pain Relief & Labour

- Pre & Post Natal Exercise
- Physiological Approach to Breathing Techniques
- Changes during Pregnancy
- Signs and Symptoms of Labour
- Pain Relief options
- Coping with Labour
- Mechanisms of Normal Childbirth
- Husband's Role
- Instructional Video
- Q&A

Lesson 3: Feeding

- Breastfeeding
- Feeding Methods
- Sterilisation of Feeding Equipment
- Instructional Video
- Q&A

Lesson 4: Practical Hands-on Baby Care

- General Care
- Skin care
- Diaper Care
- Bathing
- Coping with Crying and Fretful Baby
- Coping with Sleepy or Wakeful Baby
- Coping with Colic
- Instructional Video
- Q&A

Doctors' Talk*

*Note: Only 1 to 2 of the doctor's topics will be addressed during this session.

- Common Problems Associated with a Newborn
- Process of Labour
- Living with the In-Laws
- Transformation from couplehood to parenthood
- How to Raise a Brighter Child
- Pre & Post Natal Care by Thomson Chinese Medicine
- Oral Care for Expectant Mother/ Baby
- Skin Care for Expectant Mother/ Baby

1-Day Intensive Course

(5.5 hours, + 1 Complimentary Doctors' Talk)

Venue:

1 Thomson Road, #01-348 Singapore 300001
(Opp. Thomson Medical Centre)

Course Contents:

Time	Course Outline
10:30am - 1:00pm	Pain Relief and Labour
1:00pm - 2:00pm	Lunch Break
2:00pm - 3:30pm	Breastfeeding
3:30pm - 3:45pm	Tea Break
3:45pm - 5:00pm	Baby Care



For all course schedules and to register online, visit:
www.thomsonbaby.com
Please register early as seats are limited
**Note: Venues / class schedules are subject to change and availability.*



FAQ:

What is the duration of the course?

- Either
- 4 Weekly Lessons (2.5 hours/ session) or a
 - 1 Day Intensive Course (5.5 hours).

Both options come with a complimentary doctors' talk. Courses are conducted on both weekdays and weekends.

Where are the courses conducted?

We offer three venues for your convenience. Please refer to our registration website for the respective locations.

The one day intensive course is conducted at Blk 1 @ Thomson Road

How soon should I register for the course?

Upon confirmation of pregnancy.

When should I start the course?

At or after 20th weeks of gestation.

What should I prepare for the class?

Nothing, just bring yourself & your partner! You may wish to wear comfortable clothing for the Pre & Post Natal Exercise sessions conducted during Lesson 1 & 2.

Who should I contact if I have more questions?

You can send your questions to cbe@thomsonmedical.com or call 6350 8818 during office hours or 6250 2222 after office hours

Do you provide any other confinement services?

Yes. Please visit our e-shop at www.thomsonbaby.com to find out more.

Other ParentCraft Services

Thomson Traditional Chinese Confinement Food

To continue the tradition of our brand of care and commitment to mothers, Thomson Confinement Food - an initiative by Thomson Medical Centre (TMC), provides food and nutrition to recuperating mothers after childbirth direct to their homes.

Visit Thomsonbaby.com

Confinement Nanny Service

This is specially catered to mothers who require help during the confinement period. All our nannies undergo an intensive hands-on training programme conducted by our ParentCraft specialists.

We have options for either

- Stay-in Nanny (one full day or two half days off during each 28-day confinement period)
- Day-time Nanny (9am - 6pm) or
- Night-time Nanny (9pm - 8am)

For more information, please visit Thomsonbaby.com

Personalized Consultation on Breastfeeding

We provide consultation on breastfeeding techniques, and treatment, and management of breastfeeding problems.

For more information, please call [+65 6251 4090](tel:+6562514090) or email parentcraft@thomsonmedical.com

Homecare Service

We provide continual support and care for mothers and babies in the comfort of their own homes. We can personalize services such as breastfeeding supervision for mothers, advice on common breastfeeding problems, bathing the baby, and infant skincare management.

For more information, please call [+65 6251 4090](tel:+6562514090) or email parentcraft@thomsonmedical.com

Infant care Training

This training is especially useful for caregivers (domestic helper and/or grandparents) to better understand basic childcare techniques. Some key topics covered include feeding of baby, sterilization of feeding equipment, safety precautions, and handling of baby.

For more information, please call [+65 6251 4090](tel:+6562514090) or email parentcraft@thomsonmedical.com

*Disclaimer: All information stated in the brochure is correct at time of printing and subject to change without notice.

Getting Here



Public Bus Services

B1 B3 5, 21, 54, 56, 57, 131, 143, 162, 162M, 166, 167, 851, 980, NR1

B2 5, 54, 56, 57, 143, 162, 162M, 166, 167, 851, 980, NR1

Complimentary Shuttle Bus Service

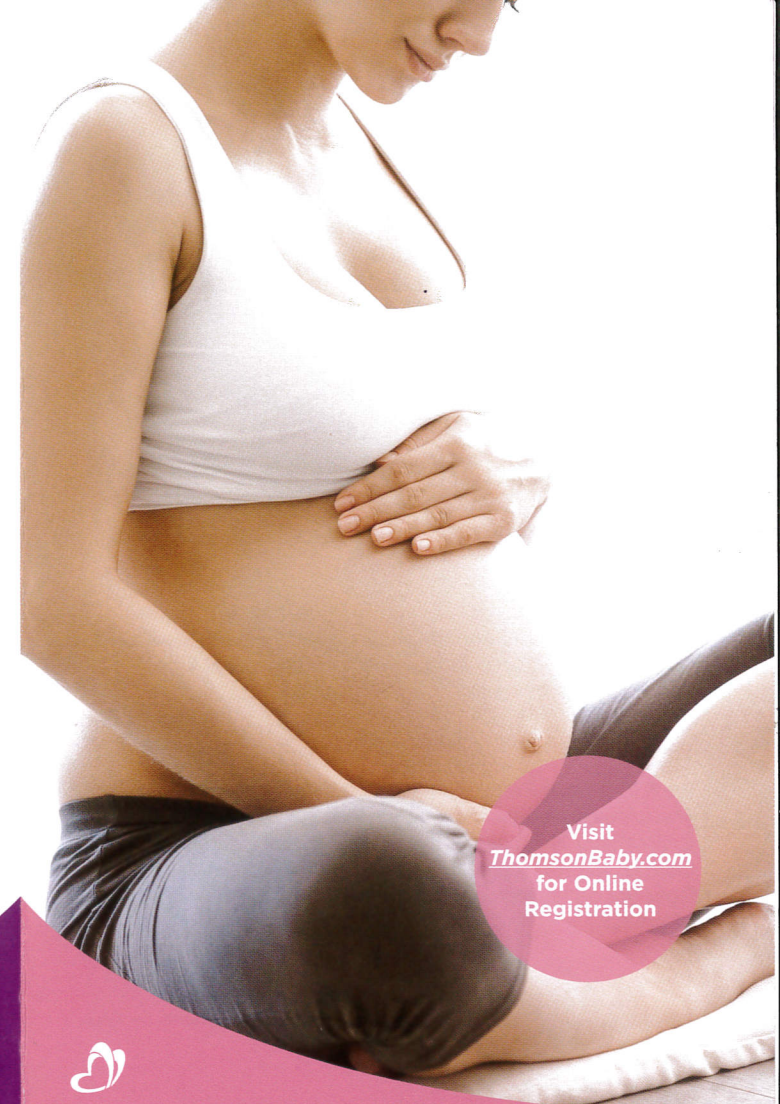
Visitors may wish to make use of our **shuttle bus service from Novena MRT**. Buses operate at **30 minute intervals** depending on traffic conditions.

Operating Hours:

Mon-Fri:	Sat:
9:00 am - 1:30 pm	9:00 am - 1:30 pm
3:00 pm - 5:30pm	3:00 pm - 4:00pm

Thomson ParentCraft Centre
(Outpatient Consultation & Clinical Workshops)
Bik 2 Balestier Road #01-671
Balestier Hill Shopping Centre
Singapore 320002
T +65 6251 4090
E parentcraft@thomsonmedical.com

Thomson ParentCraft Shop
(Childbirth Education Course)
(Confinement Food and Confinement Nanny Services)
Level 1 Thomson Medical Centre
339 Thomson Road #01-06
Singapore 307677
T +65 6350 8848 / +65 6350 8818
E cbe@thomsonmedical.com /
babyplanner@thomsonmedical.com
e-shop www.thomsonbaby.com



Visit ThomsonBaby.com for Online Registration



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Preparing expectant mothers and their partners for the challenges ahead

Celebrating Life