

# 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.

## Course Duration

- **4 Weekly Lessons**  
(2.5 hours/session) + 1 Complimentary Doctors' Talk
- **1-Day Intensive Course**  
(5.5 hours) + 1 Complimentary Doctors' Talk

## Topics Include:

- **Physical & Mental Preparation**
- **Pain Relief & Labour**
- **Feeding**
- **Practical Hands-on Baby Care**

## 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

For all course schedules and to register online, visit:

[www.thomsonbaby.com](http://www.thomsonbaby.com)

Please register early as seats are limited

*\*Note: Venues / class schedules are subject to change and availability.*



## Other Services

### Antenatal 1-1 Childbirth Education Course

- Breathing Relaxation
- Signs and Symptoms of Labour
- Tips on Positioning Correction
- Pain Relief
- Father's Role

### Consultation On Breastfeeding

- Solving Breastfeeding Problems
- Proper Breastfeeding Technique
- General Breast Care

### Homecare Service

- Care of Perineal Wound or Caesarean Section Wound
- Breastfeeding Supervision
- Advice on Common Breastfeeding Problems
- Bathing the Baby
- Skincare Tips
- Handling Baby
- Advice on When to See a Doctor

## Dad's Enrichment Programme

- Survival Tactics
- Mental and Emotional Support for the Mother
- Sharing the Workloads
- Managing Sleep Deprivation
- Understanding the Mother's Recovery Process
- Understanding Baby's Basic Needs

## Breastfeeding Workshop

- Successful Breastfeeding
- Maintenance of Breast Shape
- How to Wean Baby off Breastmilk

## Infantcare Training

- Basic Childcare
- Feeding of Baby
- Safety Precautions
- Sterilisation of Feeding Equipment
- How to Handle a Baby

## Consultation On Baby Feeding

- Feeding Your Baby
- Cleaning and Sterilising Feeding Equipment
- How and When to Introduce Solid Foods Safely

## Consultation On Bathing & Caring For Baby's Skin

- Bathing Your Baby
- Top and Tail (Sponge Wash)
- General Diaper Care
- Safety and Precautions
- Prevention and Care of:
  - Diaper Rash
  - Skin Rash
  - Dried Flaky Skin

## Consultation On Crying & Fretful / Sleepless Baby

- Understanding the Needs of Your Crying, Fretful Baby
- Handling and Comforting Your Crying, Fretful Baby
- Ways to Burp Your Baby
- Getting Rid of Excessive Wind in Your Baby's Stomach
- Understanding the Signs and Symptoms of Infection
- When to See a Doctor

## Weaning Talk

- What to Give
- When to Give
- How Much to Give
- How to Prepare
- Creating Fun Solid Foods
- Theories on How to Start Solid Food
- Workshop on How to Introduce First Spoonful of Solid Foods

## Group Training On First Aid

- Basic First Aid
- Home Safety
- Management of a Choking Infant / Child
- Prevention and Management of Common Accidents at Home

## Baby Massage

*(your baby should preferably be between 1-9 months old)*

- Creating the Right Ambience for Massage
- Step-by-Step Coaching on Massage Techniques
- Modifying Your Massage According to Your Baby's Needs
- Benefits of Baby Massage
- Handling Your Baby to Promote Motor Development and Coordination
- Ways of Communicating with Your Baby During a Massage

## Hypnobirthing

- Technique to Achieve a Satisfying, Relaxing and Stress-Free Method of Birthing
- Helps Women to Develop the Art and Joy of Rediscovering their Natural Birthing Instinct

## Confinement Nanny Service

- **Stay-in Nanny**  
(one full day or two half days off during each 28-day confinement period)
- **Day-time Nanny (9am - 6pm)**
- **Night-time Nanny (9pm - 8am)**
- Cater to the needs of mothers who require help during the confinement period. All nannies undergo an intensive hands-on training programme conducted by our ParentCraft specialists.
- They are trained in:
  - General Care for Mother and Baby
  - Diet and Nutrition Planning



## Confinement Food Home Delivery

- Confinement food with contemporary menu that blends tradition with wholesome goodness to support post-natal recovery and lactation needs.
- A 28-days diet plan that aims to improve vitality, enhance blood circulation, dispel “wind” from the body and strengthen health.
- Traditional confinement food is available for order at [Thomsonbaby.com](http://Thomsonbaby.com)

## Pregnancy Guides

Take home what you have learnt in class! Thomson Medical has published three books on Childbirth, Breastfeeding and Childcare to equip new parents with all the information they need to ensure a happy and healthy baby. The books are written in a local context and provide parents a better understanding of Asian myths and practices in pregnancy and childcare. You can purchase these books at the Thomson ParentCraft Shop or at [Thomsonbaby.com](http://Thomsonbaby.com)



## Postnatal Hotline

After discharge, all Thomson Medical patients have exclusive access to a complimentary hotline service providing tailored advice on breastfeeding and babycare. **Call 9119 3502 for assistance.**

### Hotline operating hours:

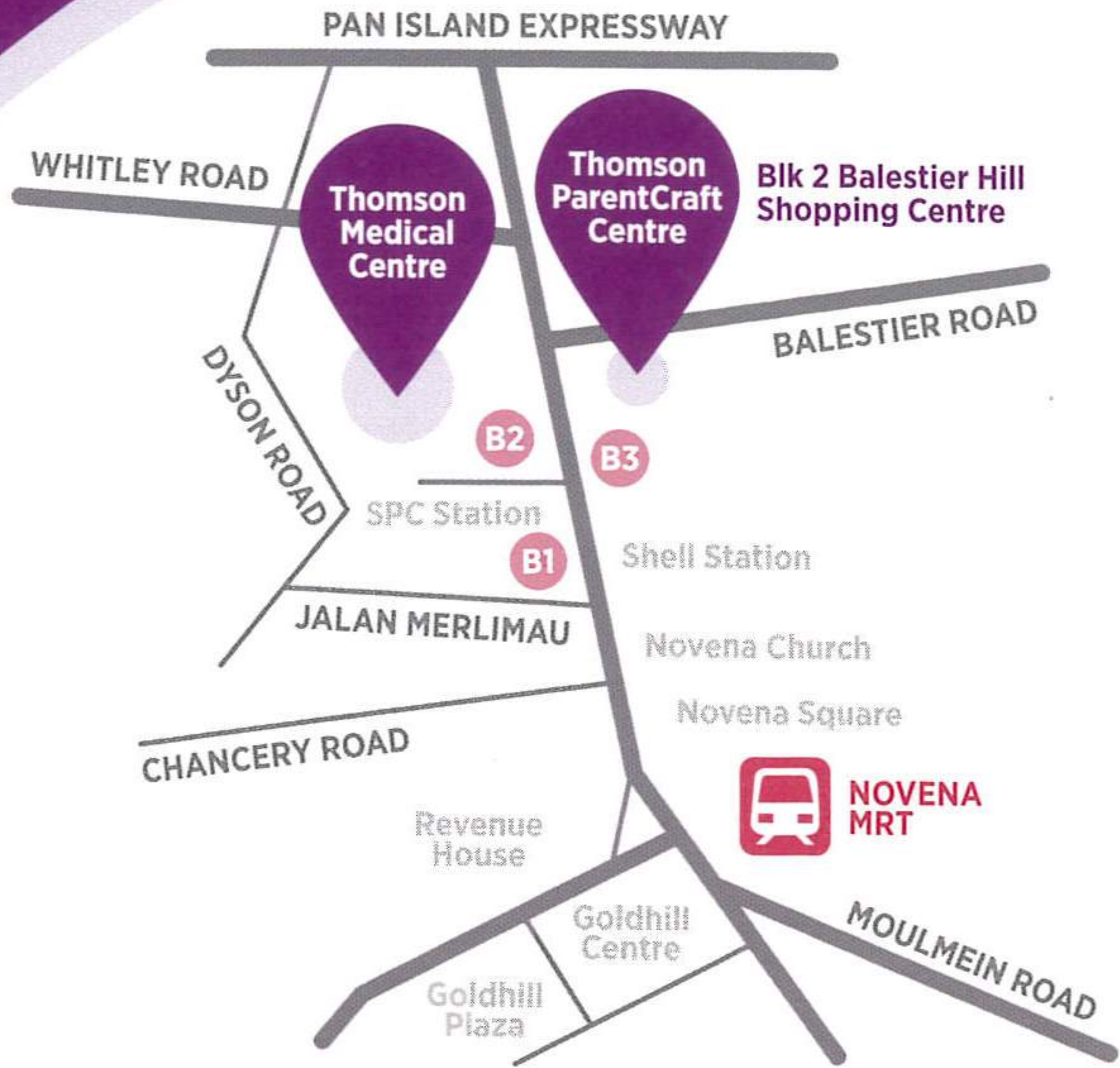
(Closed on Sun & Public Holidays)

**Mon – Fri: 8:30am – 5:00pm**

**Sat: 8:30am – 12:00pm**

\*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:

<b>Mon-Fri:</b>	<b>Sat:</b>
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)  
**Blk 2 Balestier Road #01-671**  
**Balestier Hill Shopping Centre**  
**Singapore 320002**  
**T** +65 6251 4090  
**E** [parentcraft@thomsonmedical.com](mailto: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](mailto:cbe@thomsonmedical.com) / [babyplanner@thomsonmedical.com](mailto:babyplanner@thomsonmedical.com)  
**e-shop** [www.thomsonbaby.com](http://www.thomsonbaby.com)

 **THOMSON**  
PARENTCRAFT CENTRE



## ParentCraft Services

### Taking care of your parenting needs

*Celebrating Life*

## ParentCraft Services

Pregnancy is said to be the most significant event for mothers in their lives. Having a baby is easily exciting, but may also be equally stressful.

Thomson's ParentCraft services are specially tailored to help expectant mothers through their entire pregnancy journey, so they can have peace of mind to experience the joy and excitement of bringing new life into the world.

### Programmes & Services

- Childbirth Education Course
- Homecare Service
- Breastfeeding Workshop
- Weaning Talk
- Baby Massage
- Hypnobirthing
- Infant Care Training Programme
- Dad's Enrichment Programme
- First Aid Training Programme
- Confinement Nanny Service
- Confinement Food Home Delivery
- Personalised Antenatal Counselling
- Personalised Consultation on
  - Breastfeeding & Weaning
  - Bath and Caring for the Baby's Skin
  - Settling a Crying and Fretful Baby

