



ROB: 200415374H
#03-11 Tanglin Mall, 163 Tanglin Road
Singapore 247933
Email: mother_child@pacific.net.sg
Tel/Fax 6836-0063 / www.motherandchild.com.sg

Calendar of Programs

March 2010

Date	Time	Program
Drop In Clinic		
Monday		
1st	09.30 am – 1.00pm	Drop In Clinic
8th	09.30 am - 1.00pm	Drop In Clinic
15th	09.30 am - 1.00pm	Drop In Clinic
22nd	09.30 am –1.00pm	Drop In Clinic
29th	09.30 am –1.00pm	Drop In Clinic
Wednesday		
3rd	09.30 am – 1.00pm	Drop In Clinic
10th	09.30 am - 1.00pm	Drop In Clinic
17th	09.30 am - 1.00pm	Drop In Clinic
24th	09.30 am - 1.00pm	Drop In Clinic
31st	09.30 am - 1.00pm	Drop In Clinic
Saturday (First and Third Saturday of the month)		
6th	11.00 am - 1.00pm	Drop In Clinic
20th	11.00 am - 1.00pm	Drop In Clinic

Baby Massage Class

Tuesday

9th	14.00pm-15.00pm	Baby Massage Class (1st class)
16th	14.00pm-15.00pm	Baby Massage Class (2nd class)
23rd	14.00pm-15.00pm	Baby Massage Class (3rd class)

Wednesday



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Date	Time	Program
10th	14.00pm-15.00pm	Baby Massage Class (1st class)
17th	14.00pm-15.00pm	Baby Massage Class (2nd class)
24th	14.00pm-15.00pm	Baby Massage Class (3rd class)
Antenatal Class		
Monday		
1st	7.00 pm - 9.00 pm	Antenatal Class 5th session
8th	7.00 pm - 9.00 pm	Antenatal Class 1st session (new class)
15th	7.00 pm - 9.00pm	Antenatal Class 2nd session
22nd	7.00pm - 9.00 pm	Antenatal Class 3rd session
29th	7.00pm - 9.00 pm	Antenatal Class 4th session
Wednesday		
3rd	7.00 pm - 9.00 pm	Antenatal Class 3rd session
10th	7.00 pm - 9.00 pm	Antenatal Class 4th session
17th	7.00 pm - 9.00 pm	Antenatal Class 5th session
24th	7.00 pm - 9.00pm	Antenatal Class 1st session (New)
31st	7.00 pm - 9.00pm	Antenatal Class 2nd session
Saturday		
6th	2.00 pm - 4.00 pm	Antenatal Class 5th session
13th	2.00 pm - 4.00 pm	Antenatal Class 1st session (New)
20th	2.00 pm - 4.00 pm	Antenatal Class 2nd session
27th	2.00 pm - 4.00 pm	Antenatal Class 3rd session



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Postnatal Depression Support

Please contact Mother & Child Centre

Yoga

Postnatal Yoga

Tuesday

2nd	12.15 noon-1.15pm	Postnatal Yoga
9th	12.15 noon-1.15pm	Postnatal Yoga
16th	12.15 noon-1.15pm	Postnatal Yoga
23rd	12.15 noon-1.15pm	Postnatal Yoga
30th	12.15 noon-1.15pm	Postnatal Yoga

Prenatal Yoga

Tuesday

2nd	10 - 11am,11- 12noon	Prenatal Yoga
9th	10 - 11am,11- 12noon	Prenatal Yoga
16th	10 - 11am,11- 12noon	Prenatal Yoga
23rd	10 - 11am,11- 12noon	Prenatal Yoga
30th	10 - 11am,11- 12noon	Prenatal Yoga

Thursday

4th	7.15 pm - 8.15 pm	Prenatal Yoga
11th	7.15 pm - 8.15 pm	Prenatal Yoga
18th	7.15 pm - 8.15 pm	Prenatal Yoga



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Date	Time	Program
25th	7.15 pm – 8.15 pm	Prenatal Yoga
Friday		
5th	14.00 pm- 15.15 pm	Prenatal Yoga
12th	14.00 pm- 15.15 pm	Prenatal Yoga
19th	14.00 pm- 15.15 pm	Prenatal Yoga
26th	14.00 pm- 15.15 pm	Prenatal Yoga
Saturday		
6th	9.30 am-10.45 am	Prenatal Yoga
13th	9.30 am-10.45 am	Prenatal Yoga
20th	9.30 am-10.45am	Prenatal Yoga
27th	9.30 am-10.45am	Prenatal Yoga
Sunday		
7th	11.00am -12.15pm	Prenatal Yoga
14th	11.00am -12.15pm	Prenatal Yoga
21st	11.00am -12.15pm	Prenatal Yoga
28th	11.00am -12.15pm	Prenatal Yoga

ALL our Yoga Classes are now required to be pre-booked due to overwhelming demand.

First Aid

Friday

5th 9.00 am – 11.00 am First Aid for Maids session (3rd Class)



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Date	Time	Program
12th	9.00 am – 11.00 am	First Aid for Maids session (2nd Class)
19th	9.00 am – 11.00am	First Aid for Maids session (1st Class)
26th	9.00 am – 11.00am	First Aid for Maids session (2nd Class)
Tuesday		
9th	7.00 pm – 9.00pm	First Aid for Couples
23rd	7.00 pm – 9.00pm	First Aid for Couples
Friday		
5th	11.00 am – 1.00pm	Mums and Babies First-Aid Class (2nd Class)
Saturday		
27th	10.45 – 13.45	First Aid for Couples

New Mothers Get Together

Thursday		
4th	2.00pm - 4.00pm	New Mothers Get Together 1st session
11th	2.00pm - 4.00pm	New Mothers Get Together 2nd session
18th	2.00pm - 4.00pm	New Mothers Get Together 3rd session
25th	2.00pm - 4.00pm	New Mothers Get Together 4th session

Introduction to Solids

31st	2.00pm – 4.00pm	Introduction to solids
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Baby Café for Breastfeeding Mothers

Monday



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Date	Time	Program
8th	2.00 pm - 4.00 pm	Baby Café
15th	2.00 pm - 4.00pm	Baby Cafe
22nd	2.00 pm - 4.00 pm	Baby Cafe
29th	2.00 pm - 4.00pm	Baby Cafe

The Baby Café will be held every Monday from 2pm to 4pm except public holidays. Lactation consultants and midwives will be available during those times for advice.

Dads Baby Massage. Dads Baby Massage Classes are conducted twice a month. Please call the Centre for commencement dates.