

# Postnatal Programmes & Services

Mother & Child offers the most comprehensive range of postnatal services and courses in Singapore. No one offers more support to your new family than we do.

## • Well Baby Drop-in Clinics

Our Well Baby Clinic is an essential service to every new family, especially one without the support of family and friends from home. In addition to weighing and measuring your baby to track growth and progress, our Registered Nurses (Health Visitors and Maternal and Child Health Educators) provide essential feedback, assistance and advice on raising and caring for your newborn and infant.



### Well-Baby Clinic Times-

Monday	9.30am - 1pm
Wednesday	9.30am - 1pm
1st & 3rd Saturday of the Month	11am - 1pm

Our nurses will look after the development of your baby, and be able to provide answers and support on questions such as:

- Anticipated development
- Sleep problems
- Feeding problems (breast, bottle, bowl)
- Play and stimulation
- Immunisation
- Baby health in the tropics
- Safety

Our nurses also screen Mothers for Post Natal Depression to make sure that symptoms are detected early and help can be found.



## • Introduction to Solids

The Introduction to Solids class is structured for six month old babies. Taught by experienced professionals, it is an essential course that should be taken before weaning your child onto solid foods. Introducing solids can be a challenge; this class gives you the confidence to have a smooth transition for your baby.



## • New Mother's Get Together

In addition to being a wonderful time, being a new Mother can be a frightening experience, especially if Singapore is your home away from home. Mother & Child offers the New Mother's Get Together class for New Mothers with babies from about 2 weeks to 3 months. The Get Together is facilitated by caring professionals and provides a host of information along with a social support network of new mothers in the same situation. Guest speakers such as pediatricians, counsellors and physiotherapists are often invited to speak to the ladies.



## Other Postnatal Services

- Private Consultation
- Lactation Consultation
- Sleep Consultation
- Breast Pump Hire
- Developmental Assessments
- Sleep Workshop
- Postnatal Massage
- Baby Yoga



## First Aid

We truly hope that you never have to use the information that you learn in our Mother & Child First Aid classes, but believe strongly that every parent and helper must have these life saving skills. Mother & Child offers several First Aid classes to meet the needs of your family, including:

- Mother and Baby First Aid
- First Aid for Couples
- First Aid for Helpers
- First Aid Classes for Daycares, Clubs, Yoga Instructors, Children's Educational Centres

## • Postnatal Massage



## Yoga (A very popular class)

Our relaxed and casual prenatal yoga classes provide an ideal form of exercise for pregnant women and perfectly complement our childbirth classes.

We offer Prenatal Yoga classes to all Mothers-to-be after the 12th week of pregnancy and Postnatal Yoga with Pilates six weeks after a natural delivery, or 12 weeks after a caesarian-section. Be sure to check first with your doctor before starting on any exercise program.

Yoga is excellent to practice both during and after you are pregnant because it tones and strengthens all the muscles of the body, especially those around the pelvic floor and abdomen, giving support for the growing baby and also for the lower back. After delivery, yoga helps get your body back to normal or BETTER!

## Baby Café

The Baby Café is the first of its kind in Singapore. As a drop-in centre it aims to provide a support network for breastfeeding mothers where they can receive help and advice from certified lactation consultants, health visitors and midwives.

Tea, coffee, cake and cold drinks are provided in a relaxed atmosphere so come along to make new friends and take some expert advice home with you!

The Baby Café at Mother & Child is open every Monday from 2 - 4pm at a nominal cost.

## Massage

Mother & Child offers various massage services for you & your baby.

### • Infant Massage

Infant Massage at Mother and Child is tailored especially for babies from 0 to 6 months old. Classes are facilitated by a fully qualified and experienced infant massage instructor. The programme consists of a 1 hour class each week for 3 weeks.

Infant Massage stimulates healthy growth stages and brain development while also promoting regular sleep patterns and providing a wonderful opportunity to bond with your baby.

### • Dads & Babies Massage Class

Dads should be nurturant fathers, getting involved right from the start and being empowered as a parent. Baby massage is an opportunity for fathers to get to know their children in an extraordinary way.

### • Postnatal massage

Please call the centre for details.

