



*Ante Natal Classes * Pre Natal *Yoga * Baby Massage* New Mum's Classes * Well Baby Clinic*

Mother & Child at Tanglin Mall

April 2010

**"Practical Support,
Advice & News
from Early
Childhood
Professionals"**

*Sleep*Solids*Couples 1st Aid*Maid 1st Aid* Lactation Consultation* Positive Focus* Baby Cafe*

Greetings!

Welcome to the Mother & Child Community!

Early parenthood can be lonely, delightful and demanding - all at the same time. Our qualified team are all mothers and have been on the same journey. They combine professional expertise with a sense of compassion and fun. We're here to support you along your journey and look forward to seeing you soon.



OUR BABY CAFÉ CELEBRATES ITS FOURTH YEAR!



At Mother & Child we believe in continuously supporting families through pregnancy and early childhood. This support is available through our range of services and classes at our friendly walk-in centre at Tanglin Mall.

We would like to use this newsletter to keep you updated on what is happening at the centre as well as providing useful information and new research findings.

Is it a nouvelle cuisine offering more than chicken nuggets and pizza?

We hope you enjoy our newsletter - any comments you wish to make are appreciated. There is also the option to

No it's Singapore's first 'baby cafe' to help women breast

feed their babies. The Baby Cafe is a charitable trust and was introduced to increase the breastfeeding rates in the UK. We at Mother and Child are registered with the Baby Cafe charity in order to be able to use their name, logo and model of standards of practice.

The Baby cafe key concepts are:

- * A place where all pregnant and breastfeeding (BF) mothers are welcome.
- * A place where BF at whatever stage is respected and promoted.
- * A place where BF is viewed as the natural way to nourish and nurture a baby/child.

So whether you are pregnant and deciding how to feed your baby, have a new born and experiencing problems, planning to go back to work and still breast feed, or planning to end breast feeding, professionals are on hand to help at the Baby Cafe.

The Baby Cafe provides a support network for mothers where you can meet in a relaxed atmosphere and gives you a chance to meet other mothers, share stories and pick up useful tips on how to care for your baby.

The Baby Cafe 4th year anniversary will be held on Monday 3rd May from 2-4 pm. Admission is free on the day. The normal charge is \$15 per session, which includes a cup of tea or coffee and cake and expert advice.

So come along, make new friends, and take some expert advice home with you!

UPCOMING CLASSES at Tanglin Mall centre

Baby Massage: 2-3pm Wednesday 28 April, 5 May, 12 May (\$120)

First Aid for Maids: 9 -11am Friday 14, 21, 27 May - already full (\$210)

First Aid for Mums and Babies: 11am - 1pm Friday 7, 21 May (\$195)

Couples First Aid: 7-9pm Tuesday 4th May and 18th May (\$195)

New Mums Get Together 2-4pm Thursday 6th 13th, 20th and 27th May (\$195)

Solids: 2-4pm Dates to be confirmed (\$70)

Antenatal Classes on going Monday and Wednesday

'unsubscribe' at the base of this E-News if you wish.

Thank you and best wishes for a fantastic year ahead.

Uma

[Join Our Mailing List!](#)

7 -9pm and Saturday Afternoons 2-4pm

All classes need to be pre-booked and we require \$50 to confirm a place. Please call 6836 0063.

The Importance of 'tummy time'

The highly successful campaign of the 90s strongly recommended that babies sleep on their backs and hence reduced the incidence of SIDS by 40%. However authorities stress that babies still need to spend time on their stomachs as 'tummy time' promotes muscle development in the neck and shoulders, helps prevent tight neck muscles and the development of flat areas on the back of babies heads. A full report by Allana Robertson



<http://www.motherandchild.com.sg/community/community.htm>

Mother & Child is open 7 days/week so it's easy to pop in, see what we do and talk to any of our friendly staff. Or phone us on 6836 0063. (Note: we close for lunch 1.00-1.30 every day)

Yours Sincerely,

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Please note our NEW East Coast Clinic is now open at:

20 Siglap Drive

01-02 Bowmont Centre

Opening hours are Tuesdays and Thursdays 9.30 am

to 1pm

By Appointment only

Call 6836 0063 for more details or bookings



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