



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

Mother & Child at Tanglin Mall

August 2010

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

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

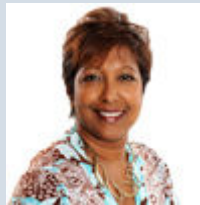
Greetings!

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.



Back in Action!



Hi Everybody! Just a quick note to say that I have had a successful total hip replacement surgery and have been away for six weeks. I have been having a lot of physical therapy, rest and time on my hands to read, ponder and enjoy the company of family and friends.

I am happy to say that I am pain free, revved up

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.

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

and ready to come back to work!

I would like to take this opportunity to thank all my staff at Mother and Child for their hard work and effort to keep the practice running smoothly while I have been away.

Uma

'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!](#)

UPCOMING CLASSES at Tanglin Mall centre

First Aid for Mums and Babies: 17th September Friday 11am - 1pm (\$195)

Baby Massage: Wednesday 11th August, running on the 11th, 25th August and 1st September. \$120 for the 3 x 1 hour sessions. Oil provided.

First Aid for Maids: \$210 including a first aid book. Fully booked until October. Additional classes coming soon.

New Mum's Get together: 16th September \$195(4 sessions)

Introduction to Solids: Saturday August (\$70)

Antenatal Classes are on-going Monday and Wednesday 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.

What is an IBCLC?

The International Board Certified Lactation Consultant (IBCLC) credential identifies a knowledgeable and experienced member of the Maternal Child-health team who has specialized skills in breastfeeding management and care.

The IBCLC certification programme represents the 'gold standard' in lactation consultant credentials and is available globally.

IBCLC have passed a rigorous examination that demonstrates the ability to provide competent, comprehensive lactation and breastfeeding care. A lactation consultant is usually the best person to consult when you have a breastfeeding problem and want to prepare for a successful breastfeeding experience. At Mother and Child we have several lactation consultants on staff. Please contact us if you require the assistance of a certified lactation consultant.

HEALTHY MUM HAPPY BABY!

Being healthy may be the last thing on your mind as you adapt to the juggling act of life with a new baby. However, being a good Mum means looking after yourself as well as your little one, and this includes eating a well balanced diet. Eating the right food now will give you the experience and knowledge of what's best for your baby at that all important weaning stage too.



To read this article from Karen Wright, a registered Dietician at The Food Clinic click:

<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,

UMA
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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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