



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

December 2010

Mother & Child at Tanglin Mall

**"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.



MERRYCHRISTMAS!

We would like to take this opportunity to wish you a very Merry Christmas and a Happy New Year. For those of you who are



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.

travelling we wish you a safe and enjoyable trip.

We look forward to seeing you in the New Year!

The Tanglin and East Coast Clinics will be closed from 22nd December 2010 to 2nd January 2011. However the Tanglin Mall Office and Shop will be open and should you have any urgent Lactation issues please call us on 6836 0063.

Uma and the Team at Mother and Child

We hope you enjoy our newsletter - any comments you wish to make are appreciated. There is also the option to 'unsubscribe' at the base of this E-News if you wish.

Thank you and best wishes for a fantastic year ahead.

Warm regards

Uma

UPCOMING CLASSES at Tanglin Mall centre

Join Our Mailing List!

FIRST AID FOR MAIDS - \$210 (3 SESSIONS)

Friday 9-11am 14/1/11 to 28/1/11 (inclusive) - LIMITED AVAILABILITY

FIRST AID FOR MUMS AND BABES - \$195 (2 SESSIONS)

Friday 11-1pm 14/1/11 to 21/1/11 - LIMITED AVAILABILITY

COUPLES FIRST AID - \$195 (1 SESSION) Tuesday 7-9pm

18/1/11 and 25/1/11 - FULLY BOOKED

8/2/11 - AVAILABILITY

NEW MOTHERS GET TOGETHER - \$195 (4 SESSIONS)

Thursday 2-4pm

6/1/11 to 27/1/11 - AVAILABILITY

INTRODUCTION TO SOLIDS - \$70 (1 SESSION)

Wednesday 2-4pm

19/1/11 - AVAILABILITY

BABY MASSAGE - \$120 (3 SESSIONS)

Monday 1-2pm

31/1/11 to 14/2/11 - AVAILABILITY

DEVELOPMENTAL ASSESSMENT

One to One sessions available with a Health Visitor
\$75 for a one hour session (By appointment only)

YOGA, PRE-NATAL CHILDBIRTH EDUCATION, POST-NATAL CLASSES and WELL BABY CLINICS

Please refer to our website for dates of the on-going classes

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

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
Mother and Child Pte Ltd

#03-11 Tanglin Mall (top floor)

+65 6836 0063

info@motherandchild.com.sg

www.motherandchild.com.sg

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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Mother and Child Pte Ltd | #03-11 Tanglin Mall | 163 Tanglin Road | 247933 | Singapore

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