



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

Mother & Child at Tanglin Mall

January 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.

UPCOMING CLASSES

Baby Massage (3 classes) starting on Tuesday 2nd Feb 2-3pm cost \$120

First Aid for Maids(3 classes)only 1 space left, Thursday 25th Feb 9-11am Cost \$210

First Aid for Mums and Babes (2 Classes) starting Friday 26th Feb 11am-1pm Cost \$195

First Aid for Couples (1 class) Tuesday 9th March 7-9pm Cost \$180 per couple

Solids (1 class) Wednesday 24th February 2-4pm Cost \$70

New Mum's Get-together (4 classes) 25th February 2-4pm Cost \$180

Positive Focus Thursday in February 11am -11.45am Trial Class Cost

**WELCOME to the
first issue of our E-
News!**



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

\$35

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

Osteopathy. What is it? Is it right for you and your child?



Kirsten Hannan, Osteopath, shares with us what osteopathy is and how it can offer a pain free and medication free solution to various health problems. She is also happy for you to e-mail her any particular questions or queries you may have.

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

Postnatal Depression - do you think you're suffering?

Approximately 20% of women will suffer from postnatal depression. It is common, it is possible to diagnose and it is treatable. Dr Vanessa Keleher talks about symptoms and where to go for help.



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

Farewell to Fabulous Helen



She has been fabulous and we're sorry to see her go! Helen has been with Mother & Child for 6 years during which time she experienced motherhood first hand (Jack-6, Harry-4 and Charlie-2) and helped hundreds of mothers with her friendly, caring and professional approach. In our interview, she comments on the differences in pregnancy and early child care systems in Singapore and the UK as well as offering some final words of advice.

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

[y.htm](http://www.motherandchild.com.sg/community/communit)

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)

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.

Uma

CLASS FOCUS

Have you thought about our **positive focus** class?

This is a relatively new class focusing on your child's physical and mental development through fun and play.

One mum said "I learnt alot of techniques about playing together that I probably wouldn't have thought of without this class. My baby responded well when we continued at home, and my husband could join in too."

Join Our Mailing List!

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info@motherandchild.com.sg

www.motherandchild.com.sg

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