



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

Mother & Child at Tanglin Mall

March 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.

NEW CLINIC NOW OPEN ON THE EAST COAST!

In response to numerous requests from our clients, Mother and Child are pleased to announce the opening of our new East Coast branch in Siglap. Opening hours will be Tuesdays and Thursdays 9.30 am to 1pm to be extended to a full day as the need arises.



Well Baby Clinics and Lactation consultations will run during these times and the extended range of classes will be offered.



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

Mother and Child East Coast Centre
20 Siglap Drive
01-02 Bowmont Centre

By Appointment only.
Call 6836 0063 for more details or bookings.

UPCOMING CLASSES at Tanglin Mall centre

New Mothers get together: Thursdays
8th, 15th, 22nd, 29th April 2-4pm

Introduction to solids: 31st March 2-4pm

Baby massage - Mums and babies class: Wednesdays
April 28th, May 5th and May 12th 2-3pm

Baby Massage - Dads and babies class: Saturday
27th March and 10th April 12-1pm

Mums and babies first aid class: April 23rd and 30th
11am to 1pm

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

A Doctors' own experience of breast feeding.

"I had my first baby during my hectic training as a family physician and I was determined that I would breastfeed exclusively for at least 6 months. I thought I was very well prepared with equipment, book knowledge and watching patients breastfeed. But things did not go according to plan! "

Dr Lim Hui Ling, a practising GP, tells of her difficult introduction to breastfeeding and how a little extra help and good advice in the early days would have made such a difference.

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

In Memory of the late Sue Huxley.

'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!



The Mother and Child are saddened by the passing of our dear friend and colleague Sue Huxley on the 5th of March after a long illness. Sue was the longest serving member of the Mother and Child from its early location at the Forum. Sue worked as a midwife, doula and lactation consultant. For those who knew Sue you would have been touched by her sense of compassion, knowledge, calmness and the ability to make things right! She always went the extra mile. She warmed to you in an instant with her caring smile and mothering nature. As a colleague she was looked up to for her knowledge, experience and professionalism. She was always willing to help and share her experiences with the team. She was a true inspiration to all who knew her.

Sue will always be sadly missed by the mothers and babies that she has helped in Singapore and by her colleagues and friends but her legacy will live on.

As some of you might know every year Sue and Lisa took a group of people to Cambodia to build houses for the Tabitha Foundation.

Sadly Sue will not make the trip this year but in recognition of her unbelievable and significant contributions to Tabitha over many years and with the complete blessing of Janne Ritskes (Founder of Tabitha), the Huxley Family and friends have decided to build a Tabitha School in her honour. They wish to fund the construction and to achieve this, they are selling bricks for US\$100 each. For full details of this wonderful project and how you can donate please check out their website on www.tabithafoundationaustralia.com

If you have any queries or need further information please contact Lisa at lisa@newchel.com

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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Mother and Child Pte Ltd

#03-11 Tanglin Mall (top floor)

+65 6836 0063

info@motherandchild.com.sg

www.motherandchild.com.sg

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

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