

## Congratulations! You're going to be a mother.

Pregnancy is possibly the most exciting period in any woman's life. It is a time of happiness and joy. It will also be a time of great emotional and physical changes. As you experience your body preparing itself for the birth of your baby, you may ask:

- Are there any types of food I should avoid?
- What happens if I get an infection?
- What medications should I avoid?
- How do I know when I am in labour?
- Can I cope with labour pain?
- Will I get back in shape after delivery?

### KKH antenatal programme

Our antenatal programme has been tailored to help you cope with the changes associated with pregnancy, prepare you for labour and provide useful tips on baby care.

### About our trainers

Trainers are all well-qualified in their respective areas of expertise. They are current practitioners, so they will be able to share with you real-life experiences.

The three-part programme covers pregnancy, labour and delivery.

### Part 1: Pregnancy

#### (Starts at 16 weeks of gestation)

Find out what kind of food is good for your pregnancy. What are the medications you should avoid? These topics will help to ease your anxiety and boost your confidence as you go through your pregnancy.

This segment covers:

- Good nutrition during pregnancy
- Medications in pregnancy
- Looking after yourself during pregnancy



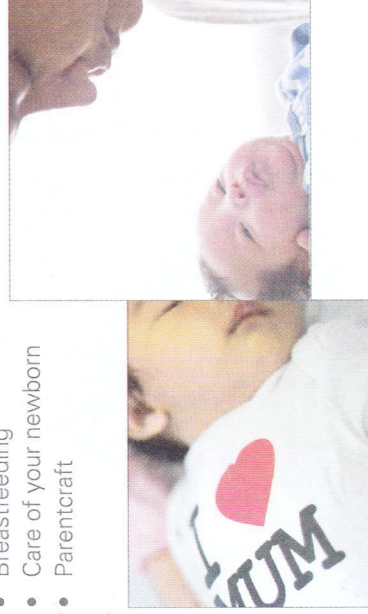
### Part 2: Labour and childbirth

#### (Starts at 22 weeks of gestation)

Preparing yourself physically and mentally can go a long way to help you through labour and childbirth. Also, this segment will provide useful tips on baby care.

Topics covered:

- Labour and delivery
- Pain relief in labour
- Relaxation exercises
- Coping with stages of labour
- Labour rehearsal and postnatal exercises
- Preparation for admission
- Breastfeeding
- Care of your newborn
- Parentcraft



### Part 3: Nurturing your child

This segment covers:

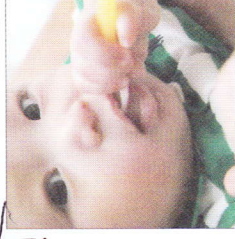
- Bonding with your child
- The arrival of a newborn brings both joy and responsibility for parents. This programme is designed to prepare couples emotionally, and provide them with practical tips on parenting. You will find it informative and enriching, and fathers will gain greater awareness on the crucial role they play in influencing the development and well-being of their children.



### The ABCs of vaccinations

With the arrival of a newborn, vaccinations will be at the top of most parents' minds. The most common questions from parents are "When should I vaccinate my child?", "Are vaccinations safe?", "What if I miss the vaccination schedule?"

Our doctor will address these concerns and provide parents with more information about vaccinations for children.



### Duration

- Part 1 & 2 comprise a total of eight sessions, with each session lasting one and a half hours. Sessions are held once a week.
- Part 3 is covered in one session, lasting three hours.
- Weekday class: 6.30pm to 8.15pm
- Weekend class: 9.00am to 10.45am, or 11.15am to 1.00pm

### Fee

#### KKH patients

- S\$150 for weekday classes
- S\$180 for weekend classes

#### Non-KKH patients

- S\$200 for weekday classes
- S\$230 for weekend classes

(Prices are inclusive of GST)

### Size of class

- Minimum: 8 couples
- Maximum: 12 couples

You are encouraged to have your spouse attend this programme with you. However, if your spouse is unable to join you, your mother or mother-in-law may accompany you for this programme.