

Contact Us

NUH Women's Clinic

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The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.

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NUH Women's Centre
Is My Answer

Antenatal Programme

A member of the NUHS

Our antenatal programme provides information and guidance which will prepare you for your pregnancy and parenthood journey.

You can learn about antenatal care and coping with the physical changes to your body during your pregnancy, the labour experience, infant feeding, managing postnatal and newborn care. Our physiotherapy sessions cover antenatal exercises and relaxation techniques as well.

Our programmes

We have 2 programmes tailored to meet your needs.

Normal Class

6 consecutive sessions & 1 Baby Massage session

Timings: Saturdays (9am - 11am / 11.30am - 1.30pm / 2pm - 4pm)
Wednesdays (6pm - 8pm)

Express Class

1 consecutive sessions & 1 Baby Massage session

Timing: Saturday (9am - 5pm)



1. Classes are available on a first-come-first-served basis for NUH patients.
2. There will be no replacement sessions should you miss any of the lessons.
3. You are encouraged to attend all the sessions with your spouse/ family member/ friend. (limit to 1 pax)
4. Please call/ email us after your delivery to book your preferred baby massage session.
5. The Express Class will not cover contents on infant feeding.
6. An email will be sent to you prior to the commencement of your first class.

Course Details

Session 1: Antenatal care

- Coping with pregnancy changes and discomforts
- Lifestyle and diet modifications
- DVD screening

Session 2: The labour experience

- Onset of true labour and its stages
- Learning to cope in labour and your husband's role
- Birth planning
- Medical and non-medical pain management options
- Managing unexpected outcomes
- DVD screening

Sessions 3 & 4: Physiotherapy sessions

- Posture and back care
- Antenatal and postnatal exercises
- Massages and breathing techniques
- Positioning during labour

Session 5: Infant feeding (not available for the Express Class)

- Essentials of breastfeeding (positioning / attachment / correct suckling)
- Expressed breast milk techniques and storage
- Equipment sterilisation
- DVD screening

Session 6: Postnatal care & adjustment to motherhood & newborn care

- Care of perineal wound
- Infant bathing and care of umbilical cord
- Common minor ailments
- Myths and traditions
- Emotional and psychological issues

Session 7: Baby massage

(please call/ email us after your delivery for this class)

- Benefits for you and your baby
- Creating the right ambience for massage
- Step by step coaching on massage techniques
- Communication with your baby.