## Contact Us

#### **NUH Women's Clinic**

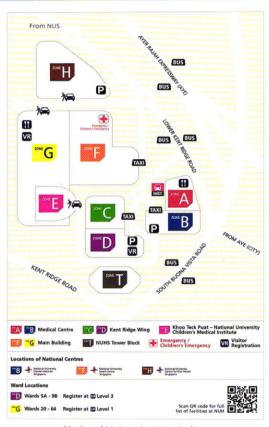
Kent Ridge Wing, Level 3, Zone D

Appointment 6772 2002

Email appointment@nuhs.edu.sg

Website www.nuh.com.sa

## Location



#### National University Hospital

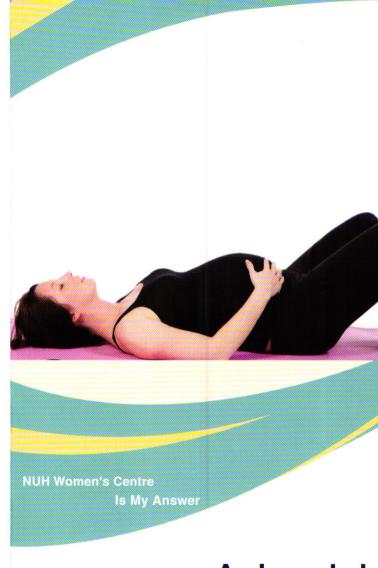
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# Antenatal Programme

**National University** 

Hospital

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.
- 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
- 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.