

## Getting to KKH



**Free Shuttle Bus Service** is available on Monday to Friday (except Public Holiday).

### **Novena MRT Route:**

Pick-up point – Vehicle pick-up point outside Square 2.

### **Bugis MRT Route:**

Pick-up point – Bus stop outside MRT Exit A, along Victoria Street.

**Bus services**

- A:** 48, 66, 67, 170, 960
- B:** 48, 66, 67, 170, 960
- C:** 56, 57, 166, 851, 980
- D:** 56, 57, 131, 166, 851, 980

**The taxi stand** is located at Basement 1, in front of the forecourt.

**The carpark** is located at Basement 2.

### **Carpark Charges**

#### **Monday to Saturday:**

\$1.80/hour (from 6.00am to 6.00pm)  
\$12.00 nett (for 12-hour parking)  
\$2.00/entry (from 6.00pm to 6.00am)

#### **Sunday and Public Holiday:**

\$2.00/entry (full day)

**Valet parking** service is available at Basement 2.

The service is free and you only need to pay for the parking charges stated above.

### Useful telephone numbers

|                        |   |
|------------------------|---|
| Central Appointments   | +65 6294 4050   |
| KK Ask-A-Nurse Service | 1900-KK-Nurse or<br>1900-55-68773<br>(chargeable at \$0.80<br>per minute) |



**KK Women's and  
Children's Hospital**  
SingHealth

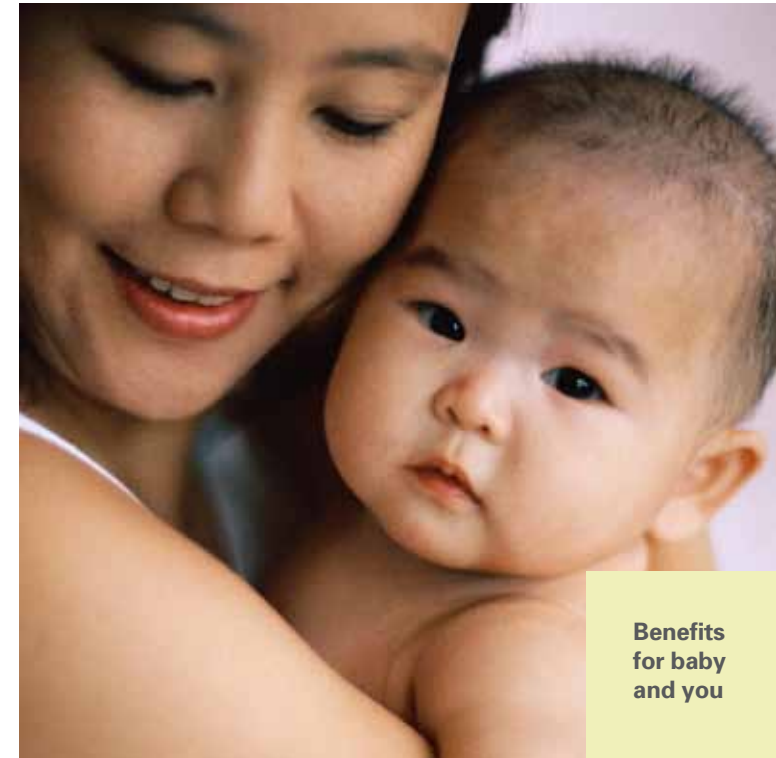
100 Bukit Timah Road  
Singapore 229899  
Tel: +65 6-CALL KKH (+65 6-2255 554)  
Fax: +65 6293 7933

Website: [www.kkh.com.sg](http://www.kkh.com.sg)  
Reg No 198904227G

PRHbm0111

 **KK Women's and  
Children's Hospital**  
SingHealth

# Baby Massage



**Benefits  
for baby  
and you**

PATIENTS. AT THE HEART OF ALL WE DO.

Does your baby have colic discomfort?

Does your baby have difficulties in sleeping?

Does your baby have teething pains and digestion discomfort?

Are you at a loss on how to handle your baby when he is fretful?

Do you want to learn the art of baby massage to help you establish a close bond with your baby?

If your answer is yes to the above, join our baby massage class and experience the many benefits of baby massage.

#### Benefits

- **Stimulation**  
It aids your baby's circulation and digestion.
- **Relaxation**  
It can regulate and improve the quality of your baby's sleep. It also helps to reduce stress by lessening your baby's tension and irritability.
- **Relief**  
It relieves your baby's discomfort from teething, colic, and congestion.
- **Interaction**  
It promotes bonding and communication with your baby.



#### Class content

- Benefits of baby massage
- Creating a massage condition
- Learning the strokes
- Massaging a fretful child
- Massaging a colicky child

#### Class schedule

Eligibility: For babies from 0 to 12 months  
Day and time: Saturdays, 12.00pm to 12.45pm  
Cost: \$84.42 for three sessions  
Venue: KK Women's & Children's Hospital  
Patient Education Centre  
Level 1, Women's Tower.  
Rehabilitation Department  
Basement 1, Children's Tower.  
Attire: Participants are advised to wear pants.

#### Registration

Yes! I would like to sign up for the Baby Massage class.

Name: \_\_\_\_\_

IC no.: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Contact no.: (H) \_\_\_\_\_ (O) \_\_\_\_\_

(HP) \_\_\_\_\_

#### Payment:

- Cash  
(Patient Education Centre, Level 1, Women's Tower)
- Cheque  
(to be crossed and made payable to  
KK Women's and Children's Hospital Pte Ltd)

Please send registration form and cheque payment to:

#### **KK Women's and Children's Hospital**

Patient Education Centre  
100 Bukit Timah Road  
Singapore 229899

- Visa/Mastercard  
Credit Card no.: \_\_\_\_\_

CVV (3 digits): \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_

- Amex  
Credit Card no.: \_\_\_\_\_

CVV (4 digits): \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_

*For credit card payment, please fax to  
Patient Education Centre at +65 6394 1267.*

