

## ■ Registration

Applicant's Particulars:

Full name as in NRIC (Husband) \_\_\_\_\_

Full name as in NRIC (Wife) \_\_\_\_\_

Address \_\_\_\_\_

NRIC no.(Wife) \_\_\_\_\_ NRIC no.(Husband) \_\_\_\_\_

Telephone (H) \_\_\_\_\_ (O) \_\_\_\_\_

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

## Payment

Fee: (Non-refundable)

KKH Patient: S\$20.00 per couple  Non-KKH Patient: S\$30.00 per couple

**Size of class:** Maximum 60 couples per class.

I would like to pay by:

Cash / NETS at Patient Education Centre, Level 1, Women's Tower,  
KK Women's and Children's Hospital

Cheque no. \_\_\_\_\_  
(Crossed & made payable to "KK Women's and Children's Hospital Pte Ltd")

For credit card payment, please complete the following section clearly, sign and fax this form to **+65 6394 1267**.

VISA  Mastercard Credit card no. \_\_\_\_\_

Expiry date \_\_\_\_\_

Amount \_\_\_\_\_

Signature \_\_\_\_\_

**(For official use only)**

Processed by \_\_\_\_\_

Receipt no. \_\_\_\_\_

Please fax or mail the completed form to us and send the cheque to:

### Patient Education Centre

KK Women's and Children's Hospital, 100 Bukit Timah Road, Singapore 229899.

For more information, please contact KKH (Patient Education Centre) at **+65 6394 1268**.

You can also visit our website at [www.kkh.com.sg](http://www.kkh.com.sg)

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Conducted by



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# Beginning Parenting Programme



**Time** : 2.00pm to 6.00pm

**Fee** : S\$20 per couple (KKH patient) or  
S\$30 per couple (Non KKH patient)

**Class size** : 60 couples

**Venue** : KKH Training Centre, Level 1, Women's Tower

**PATIENTS. AT THE HEART OF ALL WE DO.**

## Beginning Parenting Programme

(An extension of the antenatal programme at  
KK Women's and Children's Hospital)

**Part one: Parenting Right From The Start**

**Part two: A Strong Marriage To Welcome Your Newborn**

- Understanding the baby's world  
(Infant states, behaviour, cues & state modulation)
- Feelings about pregnancy & parenthood
- Decision-making for parents-to-be
- Helpful communication skills for decision-making
- Common negative communication patterns
- Nurturing your marriage
- Expectation of parenting roles
- Surviving the transition into parenthood
- Parenting commitment

## Synopsis

You are about to embark on a truly extraordinary journey – one fraught with tough challenges and rewarding pleasures.

Before we get to cradle the precious baby in our arms, there are endless decisions to make: which gynaecologist, what name for the baby, what kind of baby-care arrangement, what manner of confinement-care arrangement, etc. And after the bundle of joy arrives, we struggle to calm a crying baby, bond with and teach the baby. Clearly, you're going to need help. In this programme, you will be introduced to some ways to cope with the arrival of your little wonder.

\* Kindly note that pictures will be taken for records & references during the session.