

Registration

Full name as in NRIC (in block letters) _____

NRIC No. _____ Date of Birth dd/mm/yyyy

Address _____

Husband's Name (in block letters) _____

Email Address _____

Contact No. (H) _____ (HP) _____

(Please circle your answer.)

I am a KKH Patient: Yes* / No

(If no, please specify hospital _____)

***Please scan a copy of your appointment booklet for verification purpose.**

KKH Doctor's Name _____

Delivery Date _____

Class Start Date _____

Payment

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 and made payable to
KK Women's and Children's Hospital Pte Ltd)

AMEX MasterCard VISA

Credit Card No. _____

Expiry Date _____ Signature _____

Full Payment (Non-refundable) S\$ _____

Receipt No. _____

Please complete this form clearly, sign and fax it to
6394-1267 or email to **PEC@kkh.com.sg**

For cheque payment, please mail it, together with the
completed registration form to:

Patient Education Centre
KK Women's and Children's Hospital
100 Bukit Timah Road
Singapore 229899

Useful telephone number

Appointments / Specialist 6294-4050
Outpatient Clinics
Enquiries Hotline



KK Women's and
Children's Hospital
SingHealth

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

Website: www.kkh.com.sg
www.facebook.com/kkh.sg

We value and uphold the confidentiality of your personal data. In compliance with the Personal Data Protection Act ("PDPA"), we will limit access and disclosure of your personal data only to purposes related to the programme. You may refer to the SingHealth Data Protection Policy available at www.kkh.com.sg to learn more about how we use your personal data.



KK Women's and
Children's Hospital
SingHealth

Antenatal Programme



Reg No 198904227G OPECap0916

PATIENTS. AT THE HEART OF ALL WE DO.®

Congratulations on your pregnancy!

Pregnancy is possibly the most exhilarating period in any woman's life. It is also a time where you may experience extensive emotional and physical changes. By joining the KKH Antenatal Programme, you and your partner will be better prepared for pregnancy, labour and delivery, as well as parenthood.

■ KKH Antenatal Programme

Our programme is designed to assist you and your partner on various pregnancy-related concerns, to better prepare you for labour and delivery, and provide useful tips on baby care. The programme consists of eight sessions and a complimentary talk to guide you through various stages of your pregnancy.

Classes are conducted by our team of lactation consultants, dieticians, pharmacists, physiotherapists and parentcraft nurses, qualified in their respective areas of expertise.

Segment 1: Caring for your pregnancy (Starts at 16 weeks of gestation)

Find out what kind of food is good for your pregnancy and 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
- Medication in pregnancy
- Looking after yourself during pregnancy

Segment 2: Labour and childbirth (Starts at 22 weeks of gestation)

Prepare yourself physically and mentally so you are equipped to undergo labour and childbirth. Also, this segment will provide useful tips on baby care.

This segment covers:

- 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



Segment 3: Nurturing your child

Depending on your class schedule, this segment may run before, in between or after Segment 2.

This segment covers:

- **Bonding with your child**
The arrival of your newborn presents joy and responsibility to both of you. This programme is designed to prepare couples emotionally and provide practical tips on parenting. The aim is to make this an informative and enriching reference. Fathers, you will also gain greater awareness of the crucial role you play in influencing the development and well-being of your child.

- **Keeping emotionally well during and after pregnancy**

Being a mother can be both exhilarating and overwhelming. Along with the physical changes of childbearing, you may also go through unexpected emotional changes as you prepare for motherhood. The talk will help you and your spouse understand common emotional experiences of motherhood, and the importance of keeping yourself emotionally well during and after your pregnancy.

- **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 doctors will address these concerns and provide parents with more information about vaccinations for children.

■ Duration

There are nine sessions in total, held once a week. Each session lasts for one and a half hours, except for nurturing your child talk, which lasts for three hours.

- Weekday classes: 6.30pm to 8.15pm
- Weekend classes: 9.00am to 10.45am or 11.15am to 1.00pm

This course is conducted in English.

■ Fees (Fees are non-refundable and prices are inclusive of GST)

KKH patients

- Weekday - S\$200
- Weekend - S\$230

Non-KKH patients

- Weekday - S\$270
- Weekend - S\$300

■ Size of class

- Minimum 8 couples
- Maximum 12 couples

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

For more information on the programme, please call 6394-1268 (Monday to Friday, 9.00am to 5.30pm) or visit www.kkh.com.sg