



KK Women's and  
Children's Hospital  
SingHealth

---

# KKH Antenatal Programme



---

**PATIENTS.** AT THE HE  RT OF ALL WE DO.®

Pregnancy is possibly the most exhilarating period in any woman's life. Our programme is designed to better prepare you and your partner both physically and mentally for labour and delivery, as well as to provide useful tips on baby care.

The classes are conducted by our team of lactation consultants, midwives, physiotherapists and parentcraft nurses, qualified in their respective area of expertise.

## ■ Course Highlights

### **Labour and delivery**

- Screening of labour and delivery
- Different stages of labour
- Signs and symptoms of labour
- Pain relief options
- Spousal support during labour

### **Coping with labour and delivery**

- Coping with stages of labour
- Labour rehearsal and postnatal exercises
- Relaxation techniques
- Postnatal care

### **Breastfeeding**

- Antenatal preparation for breastfeeding
- Video and demonstration on attachment
- Working and breastfeeding
- Common breastfeeding issues



## **Newborn care**

- Common issues in newborn care
- Practical session on baby bathing and baby care

## **'Nurturing Your Child' Talk**

This talk is complimentary for both the 4-Week and 1-Day intensive courses.

## **Bonding with your child**

- Preparing both you and your partner emotionally
- Practical tips on parenting
- Bonding with your child at different stages

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

- Common sources of stress
- Ways to cope with and manage stress
- When to seek professional help

## **The ABCs of vaccinations**

- Immunisation schedule and what happens if your child misses a shot
- Combination vaccines
- Vaccination checklist
- Is vaccination safe? Will vaccines always work?

## **Child safety**

- Using the right car seats
- Good road habits
- Fall prevention at home and at playgrounds
- Water safety tips
- Common home injuries

## ■ Course Information

Course Duration		4-Week Course (Every Wednesday, Thursday or Friday)	1-Day Intensive Course (Saturday, once-a-month)
Class Timing		6.30pm to 8.00pm	10.00am to 4.30pm
Course Fees	KKH Patient	\$238	\$303
	Non-KKH Patient	\$293	\$323

**The ‘Nurturing Your Child’ talk is a 3-hour session held bi-monthly on Saturday and is complimentary for both the 4-Week and 1-Day intensive courses.**

- Fees are non-refundable and inclusive of GST
- The course fee is inclusive of all topics and printed handouts. We do not charge based on topic selection.

## ■ Venue

Patient Education Centre, Women’s Tower, Level 1

## ■ Contact Us

For more information about the course schedule and to register for the programme, please email to Patient Education Centre at [pec@kkh.com.sg](mailto:pec@kkh.com.sg).

## Frequently Asked Questions

### **When should I start the course?**

You may start the course after week 16 of your pregnancy. Please register early as seats are limited. Classes are available on a first-come, first-served basis.

### **Can my partner attend this programme with me?**

Yes, you are encouraged to have your partner attend this programme with you. No additional fee will be charged for your partner.

### **What if my partner is unavailable to attend the course?**

If your partner is unable to attend the course, only one (1) caregiver (either your mother or mother-in-law) is allowed to accompany you.

### **What should I wear for the class?**

You may wish to wear comfortable clothing and preferably tights and/or long pants for our classes.

### **Can I do a replacement for the classes I missed?**

In the event that you miss any of the classes, there will be no replacement classes scheduled.

For the classes that you have missed, you may collect the handouts from Patient Education Centre.

### **Course cancellation/changes**

Once payment and registration is confirmed, changes to your class schedule will not be allowed.

KKH reserves the right to cancel or postpone any classes at a short notice.

In the event that your chosen course is cancelled by KKH prior to its commencement, KKH will make a full refund of the course fees to you.

## Useful telephone number

Central Appointments

6294-4050



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

SingHealth

KK Women's and Children's Hospital

100 Bukit Timah Road

Singapore 229899

Tel: 6-CALL KKH (6-2255 554)

Fax: 6293-7933

Website: [www.kkh.com.sg](http://www.kkh.com.sg)

 [www.facebook.com/kkh.sg](https://www.facebook.com/kkh.sg)