

Antenatal & Baby Massage

Mount Elizabeth Hospital



Pregnancy is probably the most exciting period in any woman's life. It is a time of happiness and expectation. But, it is also a time of great emotional and physical change. For you, it may mean a whole new awareness of your body as it prepares itself for the birth of your baby.

Our antenatal programmes are developed by our multi-disciplinary team of dieticians, lactation consultants, midwives and qualified therapists to guide and help you prepare for all aspects of your new role as a mother.

Individual Programme

A) One-to-one Antenatal Programme

Our programme is suitable for expectant mothers who want privacy and personal guidance from our qualified therapists to suit their individual needs.

Programme includes:

- Postural awareness and correction.
- Exercises such as conditioning of muscles affected during pregnancy.
- Breathing and pushing techniques to cope with labour.

Availability: Prior booking is required.

B) One-to-one Baby Massage Programme

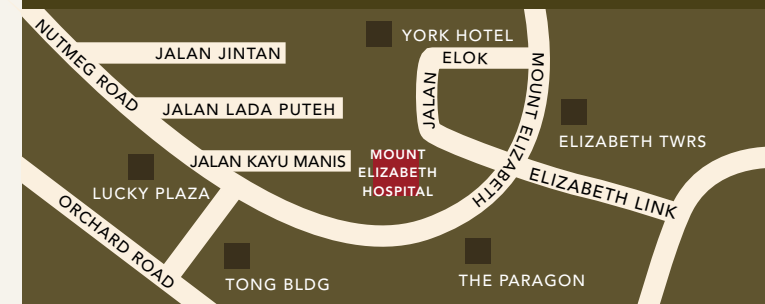
The one-hour individualised programme is strongly recommended for new mothers to learn and experience the importance of early bonding with their babies in the comfort of their maternity rooms, prior to discharge.

Benefits:

- Enhances postnatal postural care and awareness.
- Promotes parent-child bonding through touch.
- Calms the baby and promotes quiet sleep.
- Alleviates infant gas and colic.
- Encourages muscular co-ordination and suppleness.
- Enhances physical development of the baby.

Availability: Prior booking is required on weekdays (1.45 pm, 3 pm, and 4 pm).

For More Information & Enquiries
Please contact us at + 65.6731.2133



The IPAC Hotline +65.6735.5000 is a free service that connects patients in real time to relevant medical services and doctors across ParkwayHealth's Hospitals.

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Group Programme

A) Group Antenatal Programme

Our antenatal classes are specially designed to enhance mothers' knowledge and confidence for a truly special birthing experience.

Duration

Seven one to 1.5-hour sessions, once a week

Attire

Loose comfortable clothing (pants/bermudas)

Programme contents

Lesson 1: Nutrition Class

- Appropriate weight gain throughout pregnancy.
- Special nutrient needs during pregnancy and breast feeding.
- Eating for a healthy baby.
- Dietary management of common discomforts encountered during pregnancy.

Lesson 2: Lecture and Exercise

- Postural awareness & body mechanism.
- Exercises such as conditioning of muscles affected during pregnancy.

Lesson 3: Exercise and Labour

- Breathing techniques and their applications (first stage of labour).
- Partner's/Supporter's role such as learning relaxing massage techniques and applications.

Lesson 4: Breastfeeding Class

- Benefits of breastfeeding.
- Preparation for breastfeeding.
- How to breastfeed.
- Common concerns.
- Expressing and storage of breast milk.

Lesson 5: Exercise and Tour

- Application of breathing, delivery position and pushing techniques (second stage of labour).
- Overview of admission procedure.
- Tour of maternity wards and delivery suite.

Lesson 6: Managing Labour Pain and Delivery Process

- Pain relief methods.
- Coping with labour.
- Postnatal care.

Lesson 7: Summary and Video screening of:

- Delivery process.
- Baby care.

B) Group Baby Massage Session

This hourly group session (maximum size of six) is recommended for babies between one to six months old. New parents will have a hands-on session on massage techniques, learn the benefits of baby massage and how to create the right ambience for an enjoyable experience.

Registration

Name:

NRIC / Passport No.:

Contact No.:

Occupation:

Address:

Email Address:

Expected Date of Delivery (EDD):

Hospital where baby will be delivered:

Gynaecologist:

INDIVIDUAL PROGRAMMES

- One-to-one Antenatal Programme (\$250)
- One-to-one Baby Massage Session (\$88)

GROUP PROGRAMMES

- Antenatal Programme (\$200)
- Baby Massage Programme (\$30)*

*(10% discount if you have attended our antenatal programme)

Baby's Name:

Baby's Date of Birth:

FEES

- Please note that all fees stated are subjected to prevailing GST.
- Payment can be made via cash/VISA/NETs or crossed cheque.
- For payment by cheque, please make cheque payable to "Parkway Hospitals Singapore Pte Ltd" and mail to:

Rehabilitation Therapy Department
Mount Elizabeth Hospital
3 Mount Elizabeth Singapore 228510

- Please send in registration form and cheque at least one month prior to group class commencement.
- We will call you to confirm your participation only upon receipt of payment.
- Please note that there will be no refund upon confirmation.

For patient information only. If in doubt, please consult your doctor.