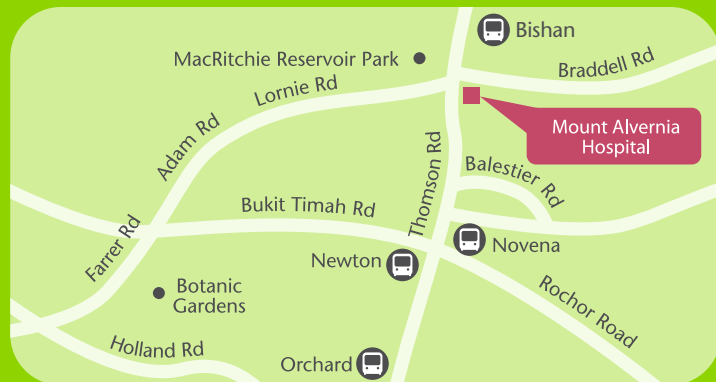




## CHILDBIRTH EDUCATION

### OUR LOCATION

Conveniently located in central Singapore, Mount Alvernia Hospital is only 10 minutes away from the world-famous Orchard Road shopping belt where many hotels are located; and 20 minutes drive from Changi International Airport. If you are coming by subway, there is a free bus service to the hospital from both the Bishan MRT Station and the Novena MRT Station.



Mount Alvernia Hospital is a general acute care hospital committed to delivering value-for-money, quality healthcare. Since our founding by Catholic missionaries in 1961, we have evolved with the growing needs of public healthcare and developed multi-disciplinary medical expertise to cater to a wide range of medical conditions. *We Serve All With Love.*

For more information or to inquire about our services, please contact us at:  
Tel: (65) 6347 6688 Fax: 6255 6303 Email: [enquiry@mtalvernia-hospital.org](mailto:enquiry@mtalvernia-hospital.org)

**Mount Alvernia Hospital**  
820 Thomson Road, Singapore 574623  
[www.mtalvernia-hospital.org](http://www.mtalvernia-hospital.org)



Information is correct as at time of printing (Jan 2010)



*Serve all  
with Love*

## PREPARE FOR AN EXCITING AND JOYOUS TIME

Congratulations on the approaching birth of your baby! Having a baby is a significant milestone in your life and you want to be prepared. For over 40 years, Mount Alvernia Hospital has been providing parents with all the support they need to welcome the newest addition to the family. We are here for you through all the stages of pregnancy, childbirth and after delivery care.

## CHILDBIRTH EDUCATION

To help you and your partner mentally and physically prepare for childbirth, we have specially designed a Childbirth Education programme for new parents. Designed by a team of parentcraft specialists, physiotherapists and dietitians, the programme consists of six weekly sessions and includes lectures, video shows, demonstrations and practical sessions. You will also learn tips on post-delivery care for both mother and baby.

Expectant mothers can begin the first session from the 24<sup>th</sup> week of your pregnancy and Partners are strongly encouraged to attend.

Weekday sessions are from 6.30pm to 8.30pm. Saturday sessions are from 1.30pm to 3.30pm and 4pm to 6pm respectively. The first session of the programme is usually held on a Weekday evening, followed by subsequent sessions on Weekdays and Saturdays.

## The Alvernia Childbirth Education Programme

### TOPICS

#### *1<sup>st</sup> Session*

- Changes during pregnancy
- Nutritional needs during pregnancy and after delivery

#### *2<sup>nd</sup> & 3<sup>rd</sup> Sessions*

- Backcare and exercises during pregnancy
- Stages of labour
- Breathing relaxation techniques to cope with labour
- Relaxation and massage
- Role of support person

#### *4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> Sessions*

- Signs of labour
- Pain relief in labour
- Methods of delivery
- Care of mother after delivery
- Familiarization tour of hospital
- Infant Feeding
- Importance of breastfeeding & bonding
- Bathing and care of your newborn

## COURSE FEE

(INCLUSIVE OF LIGHT REFRESHMENTS)

*For mothers delivering at Mount Alvernia Hospital*

Weekday S\$160.50 Weekend S\$181.90

*Participants not booked for delivery  
at Mount Alvernia Hospital*

Weekday S\$192.60 Weekend S\$214.00

### Please Note

- This programme is not deductible through Medisave
- All prices are subject to review and inclusive of GST
- All payment must be made two weeks before commencement date
- All registration fees are non-refundable

## REGISTRATION

To register, please complete the enclosed form together with a crossed cheque made payable to "Mount Alvernia Hospital" and post it to:

Delivery Suite, Mount Alvernia Hospital  
820 Thomson Road, Singapore 574623

For enquiries, please call Ms Vasantha between 8am to 4pm,  
Mon to Fri at Tel: 6347 6332 or Fax: 6251 4155.

# Childbirth Education

## REGISTRATION FORM

I would like to register for the Childbirth Education Programme in the month of \_\_\_\_\_

Name \_\_\_\_\_

IC/Passport No \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Email \_\_\_\_\_

Mobile \_\_\_\_\_

Home (Tel) \_\_\_\_\_

Office (Tel) \_\_\_\_\_

Expected Date of Delivery \_\_\_\_\_

Hospital of Delivery \_\_\_\_\_

\*Are you an Alvernia Ladies Card member?  Yes  No

**We will call you to confirm your registration**

**Please fax to Ms Vasantha at Fax: 6251 4155.**

\*10% off for members. To sign up for the Alvernia Ladies Card,  
please email [corpdev@mtalvernia.org](mailto:corpdev@mtalvernia.org)



## POST-NATAL CARE PROGRAMME

The post-natal period is a crucial stage for a mother after delivery. At our hospital, a post-natal care programme has been specially designed by our Physiotherapists to help you with your recovery.

### TOPICS

- Toning up abdominal and pelvic muscles
- Back care and strengthening exercises
- Getting back to shape after delivery

#### *Please Note*

- Mothers who have signed up for maternity packages may attend the class for one-time-use only.
- Mothers who are inpatients and not on package can choose to either sign up for the class or request for individual sessions.
- Arrangements can also be made for Mandarin speaking mothers to be seen individually.

### FEES

#### *Inpatient*

Class S\$25.68 Individual Session S\$39.59

#### *Outpatient*

Individual (Standard Charge) S\$32.10

#### *Please Note*

- All prices are subject to review and inclusive of GST
- Charges may vary according to length of consultation.

For enquiries on Post-natal Care Programme, please call Tel: 6347 6203 or Fax: 6355 1007.



## OTHER POST-NATAL SERVICES AVAILABLE

- Parentcraft & Breastfeeding Consultation
- Home care services for mother and baby
- Baby massage