

# Healthy Mothers and Babies

Saturday, 14 November 2009, 2pm to 5 pm

KK Women's and Children's Hospital, Auditorium  
(Training Centre), Level 1, Women's Tower

Are you pregnant and expecting your baby soon? Are you thrilled, yet a bit afraid of what's ahead of you? How will you cope with a newborn? Will you ever fit into your jeans again! Come and join us for a Saturday afternoon and get tips from the experts on how to survive your most exciting journey to parenthood.

## Programme

- 1.30pm **Registration**
- 2.00pm **Surviving labour-what happens in the labour ward and beyond?**  
Dr.Yong Tze Tein, Senior Consultant, Obstetrics & Gynaecology, SGH and President ABAS
- 2.25pm **Keeping sane with a newborn – Tips on coping**  
Dr Helen Chen, Head & Senior Consultant Psychiatrist, Mental Wellness Service, KKH
- 2.50pm **Q & A**
- 3.00pm **Bottle or breastfeeding? What's all the fuss about?**  
Dr Natalie Epton, Associate Consultant, Neonatology, KKH
- 3.25pm **Getting back into those jeans and more....How do I begin?**  
Ms Caroline Chua Shi Ling, Senior Physiotherapist, Rehabilitation, KKH
- 3.50pm **Back to work – preparation, childcare options and breastfeeding**  
Mrs Sharon Raj Singh, Human Resource Manager, KKH
- 4.25pm **Q & A**
- 4.45pm **Refreshments**

**Registration Fee: \$5 per pax or \$8 per couple**

Seats are confirmed only upon receipt of payment. Early registration encouraged.

## Registration: Healthy Mothers and Babies

### Applicant particulars

Name (as in NRIC) : \_\_\_\_\_

Address : \_\_\_\_\_ (Postal Code) \_\_\_\_\_

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

(Mobile) \_\_\_\_\_ (Fax) \_\_\_\_\_

\*\*I would like to pay by:

Cash at Patient Education Centre, Level 1, KKH

Cheque No: \_\_\_\_\_ Amount paid \$ \_\_\_\_\_

(Cross and make payable to: Association for Breastfeeding Advocacy, Singapore), and mail with form to:

**Patient Education Centre (PEC), KK Women's and Children's Hospital, 100 Bukit Timah Road, Singapore 229899**

Individual/Couple : \_\_\_\_\_ Receipt No.: \_\_\_\_\_ (For official use only)

Please fax completed form to **6394 1267**

For enquiries, please call **6394 5038** (Monday to Friday, 8.30am to 5.30pm)

or visit [www.kkh.com.sg](http://www.kkh.com.sg) or [www.abas.org.sg](http://www.abas.org.sg)

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