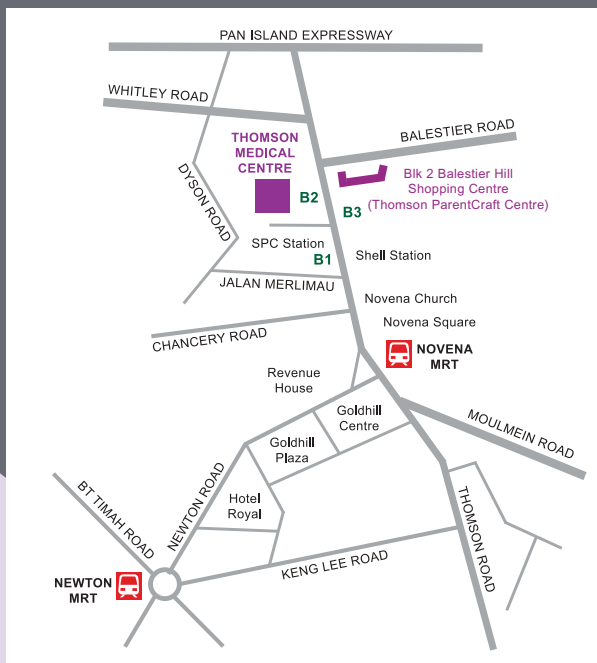




# Infant Care Training Programme

## GETTING HERE



## BUS SERVICES

B1: 5, 21, 54, 56, 57, 131, 143, 162, 162M, 166, 167, 851, 980, NR1

B2: 5, 54, 56, 57, 143, 162, 162M, 166, 167, 851, 980, NR1

B3: 5, 21, 54, 56, 57, 131, 143, 162, 162M, 166, 167, 851, 980, NR1

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1st Edition / Oct. 2013 / 01.000



Equipping caregivers with the necessary  
skills to provide proper care for the baby

*Celebrating Life*

## INTRODUCTION

With the arrival of a baby, comes overwhelming joy for the parents.

Many would like to spend more time in developing a close bond with their child. Unfortunately, with the demands of the modern lifestyle, mothers tend to return to work after the confinement, entrusting the baby to the care of a maid or a nanny.

At Thomson Medical Centre, we believe that maids or caregivers should be equipped with the knowledge and skills necessary to provide proper care for the baby. This would increase their confidence in looking after the baby and also serve to increase the confidence of the parents in entrusting their baby to their care.

With this in mind, Thomson Medical Centre has developed an infant care training programme with the aim of equipping the maid or caregiver with the knowledge and skills to care for the baby.

### WHO SHOULD ATTEND

Maids and Caregivers

### VENUE

Thomson Medical Centre

Training is conducted on weekdays.  
One-to-one training is also available by appointment.  
Duration: 1hr 15mins

Note: Classes are subject to change and availability.  
ParentCraft will notify you prior to date of commencement.

## PROGRAMME CONTENT

### FEEDING

- Bottle feeding
- Safety
- Burping
- Sterilisation of feeding utensils

### BATHING

- Bathing
- Possible Problems

### INFANT SKINCARE MANAGEMENT

- Skin rash
- Dry flaky skin

### DIAPER CARE

- Changing diaper
- Disposable / fabric diaper
- Prevention and management of diaper rash

### HANDLING AND HOLDING

- Handling and holding a baby

### SLEEPING

- Sleepy baby
- Wakeful baby
- Safety measures

### CRYING

- Causes of crying
- Understanding the needs of baby
- Techniques in handling and comforting a crying baby

### TOYS

- Safety and precaution