



National University
Centre for
Women & Children



Antenatal Programme



Our antenatal programme provides information and guidance to prepare you for your pregnancy and parenthood journey.

You will learn about antenatal care and how to cope with the physical changes to your body during pregnancy, the labour experience, infant feeding, as well as managing postnatal and newborn care. Our physiotherapy sessions will also cover antenatal exercises and relaxation techniques.

Our Programmes

We have two programmes tailored to meet your needs.

+ Normal Classes

- Six consecutive sessions (Session 1 to Session 6)
 - Saturdays: 9am — 11am / 11:30am — 1:30pm / 2pm — 4pm
 - Wednesdays: 6pm — 8pm
- One baby massage session (Session 7)
 - Please contact us after your delivery to book your preferred slot for this class.

+ Express Classes

- One full day class comprising all sessions (except for Session 5: Infant Feeding)
 - Saturday: 9am — 5pm / 10am — 6pm
- One baby massage session (Session 7)
 - Please contact us after your delivery to book your preferred slot for this class.

1. Classes are available on a first-come, first-served basis for NUH patients.
2. There will be no replacement sessions should you miss any of the lessons.
3. You are encouraged to attend all the sessions with your partner. Each participant may be accompanied by one partner only.
4. The Express Classes will not cover infant feeding. However, a complimentary session on infant feeding is available at the NUH Sapphire Clinic. Please notify the clinic's counter staff if you wish to attend this session.
5. An email with the details will be sent to you prior to the commencement of your first class.
6. To book your baby massage session, please contact us at:

☎ 6908 2222

✉ appointment@nuhs.edu.sg

Course Details

+ Session 1: Antenatal Care

- Coping with pregnancy changes and discomfort
- Lifestyle and diet modifications



+ Session 2: The Labour Experience

- Onset of true labour and its stages
- Learning to cope in labour
- Your partner's role during labour
- Birth planning
- Medical and non-medical pain management options
- Managing unexpected outcomes



+ Session 3 & 4: Physiotherapy Sessions

- Posture and back care
- Antenatal and postnatal exercises
- Massages and breathing techniques
- Positioning during labour



+ Session 5: Infant Feeding

(Not included in the Express Classes)

- Essentials of breastfeeding - positioning, attachment and correct suckling
- Expressing and storing breast milk
- Equipment sterilisation



+ Session 6: Postnatal Care, Adjustment to Motherhood & Newborn Care

- Care of perineal wound
- Infant bathing and care of umbilical cord
- Common minor ailments
- Myths and traditions
- Emotional and psychological issues



+ Session 7: Baby Massage (Post-Delivery)

- Benefits of massage for you and your baby
- Creating the right ambience for massage
- Step-by-step coaching on massage techniques
- Communication with your baby



Notes

About the National University Centre for Women and Children

National University Centre for Women and Children (NUWoC) is a national university specialist centre that aims to empower women, children and their families to lead healthier lives. We provide comprehensive medical and surgical services ranging from pre-conception to child and maternal health.

NUWoC comprises the Department of Obstetrics & Gynaecology (O&G) and Khoo Teck Puat – National University Children’s Medical Institute (KTP-NUCMI) of National University Hospital. It focuses on the right-siting of appropriate services in the community and builds complementary services in National University Health System’s (NUHS) centres of excellence – Ng Teng Fong General Hospital and Alexandra Hospital.

Through a generous gift from the Estate of Khoo Teck Puat, KTP-NUCMI established an integrated outpatient facility with medical, diagnostic and rehabilitation services for children. We are also the only public specialist centre in Singapore that offers paediatric kidney and liver transplant programmes.

For more information about us, visit www.nuh.com.sg/NUWoC

Emergency (24-hr)

Location NUH Main Building, Zone F, Level 1
 Contact +65 6772 5000

Women’s Clinic – Emerald/Ruby

Location NUH Kent Ridge Wing, Zone D, Level 3, D03-06
 Operating Hours 8.30am – 6pm (Mon to Thu), 8.30am – 5.30pm (Fri), 8.30am – 12.30pm (Sat)
 Email appointment@nuhs.edu.sg

Women’s Clinic – Sapphire

Location NUH Kent Ridge Wing, Zone D, Level 3, D03-03
 Operating Hours 8.30am – 6pm (Mon to Thu), 8.30am – 5.30pm (Fri), 8.30am – 12.30pm (Sat)
 Email appointment@nuhs.edu.sg

Women’s Clinic – Jade [Former Clinic G]

Location NUH Kent Ridge Wing, Zone C, Level 3, C03-02
 Operating Hours 8.30am – 6pm (Mon to Thu), 8.30am – 5.30pm (Fri)
 Email appointment@nuhs.edu.sg

Fetal Care Centre

Location NUH Kent Ridge Wing, Zone D, Level 3, D03-04
 Operating Hours 8am – 5.30pm (Mon to Thu), 8am – 5pm (Fri)
 Email appointment@nuhs.edu.sg

Clinic for Human Reproduction

Location NUH Kent Ridge Wing, Zone D, Level 4, D04-02
 Operating Hours 8am – 5pm (Mon to Fri), 8.30am – 12.30pm (Sat)

Women’s Clinic @ JMC

Location Jurong Medical Centre, Level 2
 Operating Hours 8.50am – 11.30pm (Tue & Thu), 2pm – 5pm (Mon & Fri)

Jurong Clinic for Women

Location 130 Jurong Gateway, #01-231
 Operating Hours 9am – 12pm, 2pm – 5pm (Mon to Sat), 6pm – 9pm (Mon to Thu)
 General Enquiry +65 6665 4277
 Appointment Line +65 6908 2222
 Email appointment@nuhs.edu.sg

GS @ NTFGH

Location Ng Teng Fong General Hospital, Tower A – Specialist Outpatient Clinics, Level 7
 Operating Hours 8.30am – 5.30pm (Mon to Fri), 8.30am – 12.30pm (Sat)
 Appointment Line +65 6908 2222
 Email appointment@nuhs.edu.sg

National University Hospital

5 Lower Kent Ridge Road, Singapore 119074

OneNUHS Hotline: (65) 6908 2222

OneNUHS General Enquiries: contactus@nuhs.edu.sg

OneNUHS Appointments: appointment@nuhs.edu.sg

www.nuh.com.sg



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