



# Mandarin/Cantonese Prenatal Class

## 普通話/廣東話 產前班

### 課程內容

1. 胎兒成長過程/ 產前護理/ 懷孕期常見不適及身心變化/ 產前及產後飲食與營養/ 分娩舒緩方法及止痛方法/ 產後護理/ 新生嬰兒護理/ 母乳餵哺/ 分娩呼吸技巧及鬆弛運動技巧...等.
2. 寶寶福利/ 申領出生證/社會保險號/牛奶金...等.
3. 申請幼兒日托資助, 育嬰社區資源...等.

### CONTENT

1. Fetal development, prenatal care, discomforts and changes during pregnancy, prenatal and postnatal nutrition, labour, newborn care, breastfeeding...etc.
2. Application for Newborn benefits/Birth Certificate/SIN...etc.
3. Resources for child care, childcare subsidy, parenting programs ...etc.



### 費用(夫妻)

會員\$70/非會員\$80

### 地點

2330 Midland Ave., Scarborough

### 報名

416-292-7510 #143

Jeffrey.Lee@cicscanada.com

### Fee (per couple)

Member \$70/Non member \$80

### Location

2330 Midland Ave., Scarborough

### Registration

416-292-7510 #143

Jeffrey.Lee@cicscanada.com