

PURPOSE

This program aims to: (1) prepare expectant families for a safe and successful childbirth experience; and (2) to provide parents with information regarding post partum and infant care.

PROGRAM

- to provide expectant parents with information about prenatal care, e.g. nutrition, exercise...
- to learn about labour, delivery and relief of pain
- to learn about postpartum care and birth control methods
- to learn about newborn care and infant feeding
- to acquaint parents with the facilities of the B.C. Women's Hospital and Health Centre through a tour of the delivery suite, nursery, and post partum ward.
- to inform parents of the policies at the B.C. Women's Hospital and Health Centre
- to answer any questions regarding pregnancy, labour and delivery, and infant feeding and care.
- the program is conducted in Cantonese



產前講座 及 參觀醫院服務



The program is jointly sponsored
by S.U.C.C.E.S.S. and the
B.C. Women's Hospital and
Health Centre
It is conducted at the
B.C. Women's Hospital and Health
Centre by registered nurses

CHILDBIRTH EDUCATION and HOSPITAL TOUR

宗旨

為迎接新生嬰兒的來臨，讓準父母對妊娠有正確的態度和準備，以適應分娩，產後及嬰兒護理。

服務提供

- 產前護理 — 提供基本的懷孕常識，如營養、運動等。
- 分娩的認識 — 分娩的徵兆、入院前的準備、鎮痛方法及生產過程。
- 產後護理及家庭計劃。
- 育嬰指南 — 新生嬰兒之護理，如臍帶處理及餵飼方法等。
- 參觀卑斯婦女醫院及衛生中心的設備，產房，和育嬰室等部門，並講解住院需知事項。
- 解答有關疑問和難題。
- 廣東話講述

時間及地點 (Time and Venue)

有關參觀日期和辦理參加手續請向中僑互助會查詢。

查詢電話：604-684-1628

上課地點：B. C. Women's Hospital and Health Centre (Rm. D306)
4490 Oak Street
Vancouver, B.C.
(see map)

上課時間：晚上七時至十時
7:00 – 10:00 p.m.
(共二講, 2 sessions)

服務收費 (Fee)

夫婦 \$50 元

此服務是由中僑互助會及卑斯婦女醫院及衛生中心贊助，並由卑斯婦女醫院及衛生中心護士主講

