

FeednSleep Antenatal Class Class content



Class 1 (Antenatal and Postnatal Care) Total: 60 mins

第1堂 (產前及產後護理) 60分鐘

1. Antenatal Care (25 mins)

- Nutritional need for pregnancy
- Different stage of foetal development
- Minor Ailments in Pregnancy and Their Management
- Foetal movement
- Signs of labour

2. Postnatal Care (30 mins)

- What is Lochia
- Dietary advices for postnatal mums
- Care of postnatal wounds
 - Perineal wounds
 - C-section wounds
- Resuming sex life
 - Return of menstruation
 - Contraception and family planning
- Common postnatal conditions and handling
 - Urinary incontinence
 - Excessive hair loss
 - Constipation
- Introducing postnatal exercise
- Understanding postnatal depression

3. Q&A (5 mins)

1. 產前護理 (25分鐘)

- 孕期所需的營養
- 胎兒各階段的成長與發展
- 懷孕引致的不適及其舒緩方法
- 胎動
- 臨盆前的徵兆

2. 產後護理 (30分鐘)

- 什麼是惡露 (產後分泌物)
- 產後媽媽飲食建議
- 產後傷口護理
 - 會陰側切傷口
 - 剖腹產傷口
- 產後性生活
 - 恢復經期
 - 避孕和計劃生育
- 常見的產後生理狀況及其改善方法
 - 尿滲
 - 大量脫髮
 - 便秘
- 產後運動介紹
- 認識產後抑鬱

3. Q&A (5 分鐘)