

FeednSleep Antenatal Class Class content



Class 2 (All about Sleep) Total: 60 mins

第2堂 (BB睡眠小秘訣) 60分鐘

1. Infants Sleep Introduction (20 mins)

- The importance of sleep
- How much sleep baby needs
- Creating a safe sleep environment
- Understanding the physiological of newborn sleep
 - 0-3 weeks
 - 3-6 weeks
 - 6-9 weeks
 - 9-12 weeks

2. Establishing Daily routine (10 mins)

- The importance of setting up daily schedule
- How to set daily routine
- Understanding awake time
- Introducing pre-sleep rituals

3. Baby Settling Techniques (20 mins)

- Messages behind baby's crying
- Four techniques to settle a crying new-born
- Demonstration

4. Q&A (10 mins)

1. 初生嬰兒睡眠介紹 (20分鐘)

- 睡眠的重要性
- 嬰兒所需睡眠時數
- 如何營造安全睡眠環境
- 了解初生嬰兒睡眠的生理狀況
 - 0-3週
 - 3-6週
 - 6-9週
 - 9-12週

2. 建立嬰兒規律化的作息時間 (10分鐘)

- 製定作息時間表的重要性
- 如何製定作息程序
- 了解清醒時間
- 睡前小禮儀介紹

3. 安撫嬰兒技巧 (20分鐘)

- 嬰兒哭鬧的原因
- 4個嬰兒哭鬧安撫技巧
- 實時示範

4. Q&A (10分鐘)