

FeednSleep Antenatal Class Class content



Class 3 (Baby Care Techniques) Total: 90 mins

第3堂 (嬰兒護理教學) 90分鐘

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| <p>1. Safe and Correct Ways of Baby Handling (5 mins)</p> <ul style="list-style-type: none">• Safe handling of newborn• Shaken baby syndrome <p>2. 7 baby care techniques</p> <ul style="list-style-type: none">• Oral care (5 mins)<ul style="list-style-type: none">▪ Preparation▪ Demonstration• Diaper change (15 mins)<ul style="list-style-type: none">▪ Different types of diapers▪ Different types of wipes▪ Home vs. outing preparation• About poo (5 mins)<ul style="list-style-type: none">▪ Understanding meconium▪ Normal vs abnormal poo• Face care (5 mins)<ul style="list-style-type: none">▪ Preparation▪ Demonstration• Eye care (5 mins)<ul style="list-style-type: none">▪ Preparation▪ Demonstration• Umbilical cord care (10 mins)<ul style="list-style-type: none">▪ Preparation▪ Demonstration• Newborn jaundice (15 mins)<ul style="list-style-type: none">▪ What is newborn jaundice▪ Why would it be▪ Breastmilk jaundice▪ What should parents do about jaundice▪ Understanding phototherapy <p>3. Baby bath demonstration and practice (15 mins)</p> <ul style="list-style-type: none">• Preparation• Demonstration <p>4. Q&A (10 mins)</p> | <p>1. 正確嬰兒扶抱技巧 (5分鐘)</p> <ul style="list-style-type: none">• 初生嬰兒扶抱技巧• 嬰兒搖晃症候群 <p>2. 7個嬰兒護理技巧</p> <ul style="list-style-type: none">• 口部護理 (5分鐘)<ul style="list-style-type: none">▪ 前期準備▪ 實時示範• 換片須知 (15分鐘)<ul style="list-style-type: none">▪ 不同種類的尿片▪ 不同種類的濕紙巾▪ 留在家中 vs. 帶嬰兒外出的換片準備• 便便須知 (5分鐘)<ul style="list-style-type: none">▪ 了解胎糞▪ 如何分辨健康或不正常的便便• 面部護理 (5分鐘)<ul style="list-style-type: none">▪ 前期準備▪ 實時示範• 眼部護理 (5分鐘)<ul style="list-style-type: none">▪ 前期準備▪ 實時示範• 臍帶護理 (10分鐘)<ul style="list-style-type: none">▪ 前期準備▪ 實時示範• 初生嬰兒黃疸<ul style="list-style-type: none">▪ 什麼是初生嬰兒黃疸▪ 為何會引發黃疸▪ 何謂母乳性黃疸▪ 家長應如何應對黃疸▪ 認識光療 <p>3. 嬰兒沐浴示範和練習 (15分鐘)</p> <ul style="list-style-type: none">• 前期準備• 實時示範 <p>4. Q & A (10 分鐘)</p> |
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