

FeednSleep Antenatal Class Class content



Class 6 (All about breastfeeding – Part 2) Total: 60 mins

第6堂 (母乳餵哺全攻略 — 第2部分) 60分鐘

1. Breastfeeding Positions and Practice (20 mins)

- Preparation and setting for breastfeeding
- Three best breastfeeding positions
- Demonstration

1. 認識及練習不同哺乳的姿勢 (20分鐘)

- 母乳餵哺的準備
- 3個最佳的哺乳姿勢
- 實時示範

2. Safe Preparation of Feeding Accessories (10 mins)

- How to choose bottle
- How to choose teat
- How to clean feeding equipment
- Three ways of sterilizing feeding accessories

2. 正確處理餵奶用品方法 (10分鐘)

- 如何選擇奶樽
- 如何選擇奶咀
- 如何清洗餵奶用品
- 3個消毒餵奶用品的方法

3. About formula feeding (10 mins)

- How to select the right infant formula
- Steps of safe preparation of formula
- Storage of formula

3. 有關嬰兒配方奶餵哺 (10分鐘)

- 如何選擇適合的嬰兒配方奶
- 準備嬰兒配方奶的步驟
- 保存配方奶

4. Storage and handling of breastmilk (10 mins)

- Tools and tips for storing breastmilk
- Duration of breastmilk storage
- How to reheat breastmilk safely

4. 妥善保存及處理母乳 (10分鐘)

- 保存母乳的工具及小貼士
- 母乳的保存期
- 如何安全加熱母乳

5. Q&A (10 mins)

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