

# 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

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| <p>1. <b>Breastfeeding Positions and Practice (20 mins)</b></p> <ul style="list-style-type: none"><li>• Preparation and setting for breastfeeding</li><li>• Three best breastfeeding positions</li><li>• Demonstration</li></ul>                                        | <p>1. 認識及練習不同哺乳的姿勢 (20分鐘)</p> <ul style="list-style-type: none"><li>• 母乳餵哺的準備</li><li>• 3個最佳的哺乳姿勢</li><li>• 實時示範</li></ul>                     |
| <p>2. <b>Safe Preparation of Feeding Accessories (10 mins)</b></p> <ul style="list-style-type: none"><li>• How to choose bottle</li><li>• How to choose teat</li><li>• How to clean feeding equipment</li><li>• Three ways of sterilizing feeding accessories</li></ul> | <p>2. 正確處理餵奶用品方法 (10分鐘)</p> <ul style="list-style-type: none"><li>• 如何選擇奶樽</li><li>• 如何選擇奶咀</li><li>• 如何清洗餵奶用品</li><li>• 3個消毒餵奶用品的方法</li></ul> |
| <p>3. <b>About formula feeding (10 mins)</b></p> <ul style="list-style-type: none"><li>• How to select the right infant formula</li><li>• Steps of safe preparation of formula</li><li>• Storage of formula</li></ul>                                                   | <p>3. 有關嬰兒配方奶餵哺 (10分鐘)</p> <ul style="list-style-type: none"><li>• 如何選擇適合的嬰兒配方奶</li><li>• 準備嬰兒配方奶的步驟</li><li>• 保存配方奶</li></ul>                 |
| <p>4. <b>Storage and handling of breastmilk (10 mins)</b></p> <ul style="list-style-type: none"><li>• Tools and tips for storing breastmilk</li><li>• Duration of breastmilk storage</li><li>• How to reheat breastmilk safely</li></ul>                                | <p>4. 妥善保存及處理母乳 (10分鐘)</p> <ul style="list-style-type: none"><li>• 保存母乳的工具及小貼士</li><li>• 母乳的保存期</li><li>• 如何安全加熱母乳</li></ul>                   |
| <p>5. <b>Q&amp;A (10 mins)</b></p>                                                                                                                                                                                                                                      | <p>5. <b>Q&amp;A (10分鐘)</b></p>                                                                                                                |