Providing parents and parents-to-be with an understanding of baby and children's needs, International SOS' child specialists and pediatrician bring you informative classes on the following topics:

**What to Expect when You’re Expecting**
- What is normal and when should I see a doctor?
- Antenatal and Post natal checks
- Top tips for a healthy pregnancy
  
**Dr Alejandra Mora presenting**

**Newborn Care** (0-2 months)
- First appointments and checkups
- Reflux, Colic, Neonatal jaundice
- Other common conditions in newborn babies
  
**Dr Thi Lan Fellay presenting**

**Sleep Basics for babies and young children** (0-5 yrs)
- Setting techniques, recognizing tired signs, establishing good sleeping habits
- SIDs awareness
- Sleep issues (night waking, sleep patterns, night terrors)
  
**Dr Stephanie Teoh presenting**

**Starting good Eating Behaviors**
- Food allergies and sensitivities
- Introducing solids
- How to establish good meal time habits
- Dealing with fussy eaters and tantrums at meal times
  
**Dr Stephanie Teoh presenting**

**Toddler Taming Part 1** (6-36 months)
- Positive parenting strategies
- Understanding child developmental and behavioral differences
- How to be a HELPER parent
  
**Dr Stephanie Teoh presenting**

**Toddler Taming Part 2** (6-36 months)
- Focuses on “discipline” strategies to encourage positive values and relationships,
- Common behavioral issues such as tantrums, aggression, sharing issues
  
**Dr Stephanie Teoh presenting**

**Nutrition for Babies and Mums**
- Breastfeeding & formula
- Nutrition guidelines for babies and older children, age appropriate solids
- Pregnant and new mom’s nutrition
  
**Stella Chan Mariano presenting**

**Toilet Training**
- Recognizing signs of readiness
- Preparing your child for this milestone
- Common challenges
  
**Dr Stephanie Teoh presenting**

**Staying fit through Pregnancy**
- Exercise for pregnant women
- When to seek Physiotherapy
- Pregnancy massage, what to look for and what to avoid
  
**Physio team presenting**

**Getting Back in Shape after Birth & Baby Massage**
- Avoiding physical strain from caring for your baby
- Strengthening the core
- Introduction to the benefits and techniques of massaging an infant
  
**Physio team presenting**

---

**Time:** 10.00am-12.00pm

**Location:** International SOS Beijing Clinic

**Complimentary for members of International SOS**

**Cost for non members of International SOS:** 100rmb per class or 700rmb for all 10 classes

For more information or to reserve: seminar@internationalso.com