Parentcraft Classes at International SOS

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**
  - 6 March, 2014
  - What is normal and when should I see a doctor?
  - Antenatal and Post natal checks
  - Dr Alejandra Mora presenting

- **Baby Sleep Basics (0-5 yrs)**
  - 13 March, 2014
  - Settling techniques, recognizing tired signs, establishing good sleeping habits
  - SIDs awareness
  - Sleep issues such as night waking, sleep patterns, night terrors
  - Dr Stephanie Teoh presenting

- **Newborn Care (0-2 months)**
  - 20 March, 2014
  - First appointments and checkups
  - Reflux, Colic, Neonatal jaundice
  - Other common conditions in newborn babies
  - Dr Thi Lan Fellay presenting

- **Nutrition for Babies and Mums**
  - 27 March, 2014
  - Breastfeeding & formula
  - Nutrition guidelines for babies and older children, age appropriate solids
  - Food allergies and sensitivities, supplements
  - Pregnant and new mom’s nutrition
  - Stella Chan Mariano presenting

- **Starting Healthy Eating Habit**
  - 3 April, 2014
  - 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)**
  - 10 April, 2014
  - Positive parenting strategies
  - Understanding child developmental and behavioral differences
  - How to be a HELPER parent
  - Dr. Stephanie Teoh presenting

- **Nutrition for Babies and Mums Toddler Taming Part 1 (6-36 months)**
  - 10 April, 2014
  - Positive parenting strategies
  - Understanding child developmental and behavioral differences
  - How to be a HELPER parent
  - Dr. Stephanie Teoh presenting

- **Toilet Training**
  - 24 April, 2014
  - Recognizing signs of readiness
  - Preparing your child for this milestone
  - Common challenges
  - Dr Stephanie Teoh presenting

- **Physiotherapy for Pregnancy and Post-Partum**
  - 8 May, 2014
  - Exercises for pregnant women
  - Post partum physiotherapy
  - Baby massage
  - Annette Oevermann & Michelle Thong (Physio Team) presenting

- **Toddler Taming Part 2 (6-36 months)**
  - 17 April, 2014
  - Focuses on “discipline” strategies to encourage positive values and relationships,
  - Common behavioral issues such as tantrums, aggression, sharing issues
  - Dr Stephanie Teoh presenting

- **Physiotherapy for Pregnancy and Post-Partum**
  - 8 May, 2014
  - Exercises for pregnant women
  - Post partum physiotherapy
  - Baby massage
  - Annette Oevermann & Michelle Thong (Physio Team) presenting

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**Time:** 10.00am-12.00pm  
**Location:** International SOS Beijing Clinic  
**Cost for members of International SOS:** Free  
**Cost for non members of International SOS:** 100mb per class or 600mb for all 9 classes  
**For more information or to reserve:** seminar@internationalsos.com