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

<table>
<thead>
<tr>
<th>Date</th>
<th>Class Description</th>
<th>Presenter(s)</th>
</tr>
</thead>
</table>
| 5 March, 2015 | Pregnancy changes  
- What is normal and when should I see a doctor?  
- Antenatal and Postnatal checks  
- Top tips for a healthy pregnancy | Dr. Alejandra Mora presenting  
Dr. Thi Lan Fellay presenting  
Dr. Stephanie Teoh presenting |
| 12 March, 2015 | Birth preparation and post-partum issues  
- Getting ready for labour, delivery and the early post partum period  
- Stages of labour, pain management options  
- The first days – what to expect | Dr. Mora and Dr. Teoh presenting  |
| 19 March, 2015 | Newborn Care (0-2 months)  
- First appointments and checkups  
- Reflux, Colic, Neonatal jaundice  
- Other common conditions in newborn babies | Dr. Thi Lan Fellay presenting  |
| 26 March, 2015 | Breastfeeding and Preventative Care (0-6 months)  
- Breastfeeding techniques and tips  
- Recommended vaccines  
- Recommended screening | Dr. Thi Lan Fellay presenting  |
| 2 April, 2015 | 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  |
| 9 April, 2015 | Nutrition for Babies and Mums  
- Breastfeeding & formula  
- Nutrition guidelines for babies and older children, age appropriate solids  
- Pregnant and new mom’s nutrition  
- Food and mood | Stella Chan Marinaro presenting  |
| 16 April, 2015 | Sleep Basics for babies and young children (0-5 yrs)  
- Settling techniques, recognize tired signs, establish good sleeping habits  
- SIDS awareness  
- Sleep issues such as night waking, sleep patterns, night terrors | Dr. Stephanie Teoh presenting  |
| 23 April, 2015 | 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  |
| 30 April, 2015 | 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  |
| 7 May, 2015 | Getting back in Shape after Birth & Baby Massage (3 weeks to pre-crawling)  
- Avoid and treat new mum injuries  
- Strengthening the core  
- Introduction to the benefits and techniques of massaging an infant | Physio team-presenting  |
| 14 May, 2015 | 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  |
| 21 May, 2015 | Toilet Training  
- Recognizing signs of readiness  
- Preparing your child for this milestone  
- Common challenges | Dr. Stephanie Teoh presenting  |

Time: 10.00am-12.00pm  
Location: International SOS Beijing Clinic  
Complimentary for members of International SOS: 100rmb per class or 900rmb for all 12 classes  
For more information or to reserve: seminar@internationalsos.com