



First Mums' & Dads'

Congress 2016

RAFFLES CITY CONVENTION CENTRE, FAIRMONT BALLROOM, LEVEL 4
 Sunday, 31 January 2016, 12pm - 5pm

The First Mums' & Dads' Congress 2016 welcomes all new parents-to-be! Back for the 11th year running, this premier parenting conference will furnish all mums & dads-to-be with the knowledge and confidence to embark on their journey to parenthood! Receive invaluable advice from our panel of experts! There will also be awesome giveaways and other exciting activities. This is an event not to be missed by all parents-to-be!



Troubleshooting Breastfeeding 101
 Ms Chen Li Qin, Lactation Consultant
 Thomson ParentCraft Centre



Enhancing Baby's Brain Development
 Dr Janice Wong, Paediatrician
 Thomson Paediatric Centre



Confinement Practices You Need to Know About
 Ms Seah Ai Wei, Physician
 Thomson Chinese Medicine



Your Guide to a Smooth Delivery
 Dr Ong Xiaohui, Obstetrician &
 Gynaecologist, Hsuan & Xiaohui OG
 Clinic (Thomson Medical Centre)



Nutrition for the Expectant Mum
 Ms Winnie Chia, Nutritionist
 Health Can Be Fun Consultancy Co



Family Cord Blood Banking - Quality and Clinical Application
 Dr Philip Masters, Director Quality and
 Compliance, Cryoviva Singapore



TICKET PRICE

\$10 (Member)** | \$20 (Non-Member)

SIGN UP NOW

All registrations must reach us no later than **Thursday 28 January 2016, 2359 hours. Register early to avoid disappointment!**

*Terms and conditions apply

**For Abbott Family and Thomson Medical Centre members



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