



# 2011 年九月至十二月婦產及嬰兒講座

PERINATAL HEALTH

粵語上課時間：上午 10:00 至 12:00

報名請電：415-677-2473

[www.cchrchealth.org](http://www.cchrchealth.org)

講座	第四期
產前護理 Prenatal Care	10 月 15 日
嬰兒人工呼吸急救法及安全常識 Infant CPR and Safety	12 月 10 日
嬰兒護理 Infant Care	10 月 22 日
母乳喂哺及嬰兒營養 Breastfeeding and Infant Nutrition	11 月 5 日
嬰兒按摩 Infant Massage	10 月 29 日
生產過程 Delivery Process	11 月 12 日
分娩指導 (一) Birth Instructions (1)	11 月 19 日
分娩指導 (二)及產後護理 Birth Instructions (2) and Postnatal Care	12 月 3 日

## English sessions

To sign up, please call: 415-677-2473

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Class	Series 4
Prenatal Care	10/14 Fri (3-5pm)
Infant CPR and Safety	12/9 Fri (3-5pm)
Infant Care	10/21 Fri (3-5pm)
Breastfeeding and Infant Nutrition	11/4 Fri (3-5pm)
Infant Massage	10/28 Fri (3-5pm)
Delivery Process	11/12 Sat (1-3pm)
Birth Instructions (1)	11/19 Sat (1-3pm)
Birth Instructions (2) and Postnatal Care	12/3 Sat (1-3pm)

## 產婦及嬰兒健康須知

### CCHRC PERINATAL HEALTH CLASSES

產前護理 Prenatal Care	
<ul style="list-style-type: none"> <li>• 產婦生理上的變化</li> <li>• 所需的營養及運動</li> <li>• 如何應付一些輕微的孕期不適</li> </ul>	<ul style="list-style-type: none"> <li>• Physiological changes for the mother-to-be</li> <li>• The role of nutrition and exercise</li> <li>• Helpful tips on dealing with minor ailments of pregnancy</li> </ul>
嬰兒人工呼吸急救法及安全常識 Infant CPR and Safety	
<ul style="list-style-type: none"> <li>• 如何辨別及應付食物哽咽，窒息，和心臟停頓</li> <li>• 嬰兒安全守則</li> </ul>	<ul style="list-style-type: none"> <li>• How to identify and care for choking, breathing emergencies and/or cardiac arrest</li> <li>• Tips on infant safety</li> </ul>
嬰兒護理 Infant Care	
<ul style="list-style-type: none"> <li>• 育嬰常識－洗澡，更換衣服及尿片，餵食</li> </ul>	<ul style="list-style-type: none"> <li>• Infant care - bathing, changing, feeding</li> </ul>
母乳餵哺及嬰兒營養 Breast-feeding and Infant Nutrition	
<ul style="list-style-type: none"> <li>• 哺乳及瓶奶</li> <li>• 嬰兒第一年的營養需要</li> </ul>	<ul style="list-style-type: none"> <li>• Breast-feeding and bottle-feeding</li> <li>• Nutrition during the first year</li> </ul>
嬰兒按摩 Infant massage	
<ul style="list-style-type: none"> <li>• 嬰兒按摩的益處及技巧</li> </ul>	<ul style="list-style-type: none"> <li>• Benefits and techniques of infant massage</li> </ul>

生產過程 Delivery Process	
<ul style="list-style-type: none"> <li>• 分娩前的先兆</li> <li>• 分娩階段及過程</li> </ul>	<ul style="list-style-type: none"> <li>• Signs of labor</li> <li>• Phases of labor; hospital and medical procedures</li> </ul>

分娩指導 (1) Birth Instructions (1)	
<ul style="list-style-type: none"> <li>• 如何運用呼吸和鬆弛技巧以配合子宮的收縮</li> <li>• 解釋在分娩時適當用力的部位和技巧</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to breathing and relaxation techniques</li> <li>• Pushing positions and techniques</li> </ul>

分娩指導(2)及產後護理 Birth Instructions (2) and Postnatal Care	
<ul style="list-style-type: none"> <li>• 生產過程預習</li> <li>• 如何應付分娩時突發的問題</li> <li>• 產後營養調理，運動及情緒上的變化</li> <li>• 危險徵兆</li> <li>• 家庭生育計劃</li> </ul>	<ul style="list-style-type: none"> <li>• Labor rehearsal</li> <li>• Dealing with the unexpected</li> <li>• Care of self after delivery including nutrition, exercise, and emotional changes</li> <li>• Danger signs to watch for</li> <li>• Family planning</li> </ul>

收費計劃 FEE	
<ul style="list-style-type: none"> <li>• 所有華人保健計劃會員，選擇華美醫師協會為其醫療集團，或持有 Medi-Cal 有仕免費</li> <li>• 其他：每節課 30 美元或每系列課程 200 美元</li> <li>• 請在單節或系列課程開始前付清費用</li> </ul>	<ul style="list-style-type: none"> <li>• All CCHP members, those who choose CCHCA as their medical group, and Medi-Cal patients are <b>FREE</b></li> <li>• All others: \$30 per class and \$200 per series</li> <li>• Payment due at beginning of class/series</li> </ul>