



2012 上半年婦產及嬰兒講座 PERINATAL HEALTH

上課時間: 上午 10:00 至 11:30
 上課地點:

報名請電: 415-677-2473
www.cchrhealth.org

講座	第一期	第二期
產前護理 Prenatal Care	2月11日	月 日
嬰兒人工呼吸急救法及安全常識 Infant CPR and Safety	3月3日	月 日
嬰兒護理 Infant Care	2月18日	月 日
母乳喂哺及嬰兒營養 Breastfeeding and Infant Nutrition	2月25日	月 日
生產過程 Delivery Process	3月10日	月 日
分娩指導 (一) Birth Instructions (1)	3月17日	月 日
分娩指導 (二)及產後護理 Birth Instructions (2) and Postnatal Care	3月24日	月 日

English sessions

Class	Series 1	Series 2
Prenatal Care	2/11 Fri (3-5pm)	Fri (3-5pm)
Infant CPR and Safety	3/3 Fri (3-5pm)	Fri (3-5pm)
Infant Care	2/18 Fri (3-5pm)	Fri (3-5pm)
Breastfeeding and Infant Nutrition	2/25 Fri (3-5pm)	Fri (3-5pm)
Delivery Process	3/10 Sat (1-3pm)	Sat (1-3pm)
Birth Instructions (1)	3/17 Sat (1-3pm)	Sat (1-3pm)
Birth Instructions (2) and Postnatal Care	3/24 Sat (1-3pm)	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"> • 產婦生理上的變化 • 所需的營養及運動 • 如何應付一些輕微的孕期不適 	<ul style="list-style-type: none"> • Physiological changes for the mother-to-be • The role of nutrition and exercise • Helpful tips on dealing with minor ailments of pregnancy
嬰兒人工呼吸急救法及安全常識 Infant CPR and Safety	
<ul style="list-style-type: none"> • 如何辨別及應付食物哽咽，窒息，和心臟停頓 • 嬰兒安全守則 	<ul style="list-style-type: none"> • How to identify and care for choking, breathing emergencies and/or cardiac arrest • Tips on infant safety
嬰兒護理 Infant Care	
<ul style="list-style-type: none"> • 育嬰常識－洗澡，更換衣服及尿片，餵食 	<ul style="list-style-type: none"> • Infant care - bathing, changing, feeding
母乳餵哺及嬰兒營養 Breast-feeding and Infant Nutrition	
<ul style="list-style-type: none"> • 哺乳及瓶奶 • 嬰兒第一年的營養需要 	<ul style="list-style-type: none"> • Breast-feeding and bottle-feeding • Nutrition during the first year
嬰兒按摩 Infant massage	
<ul style="list-style-type: none"> • 嬰兒按摩的益處及技巧 	<ul style="list-style-type: none"> • Benefits and techniques of infant massage

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

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

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

收費計劃 FEE	
<ul style="list-style-type: none"> • 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 • 其他：每節課 30 美元或每系列課程 200 美元 • 請在單節或系列課程開始前付清費用 	<ul style="list-style-type: none"> • All CCHP members, those who choose CCHCA as their medical group, and Medi-Cal patients are FREE • All others: \$30 per class and \$200 per series • Payment due at beginning of class/series