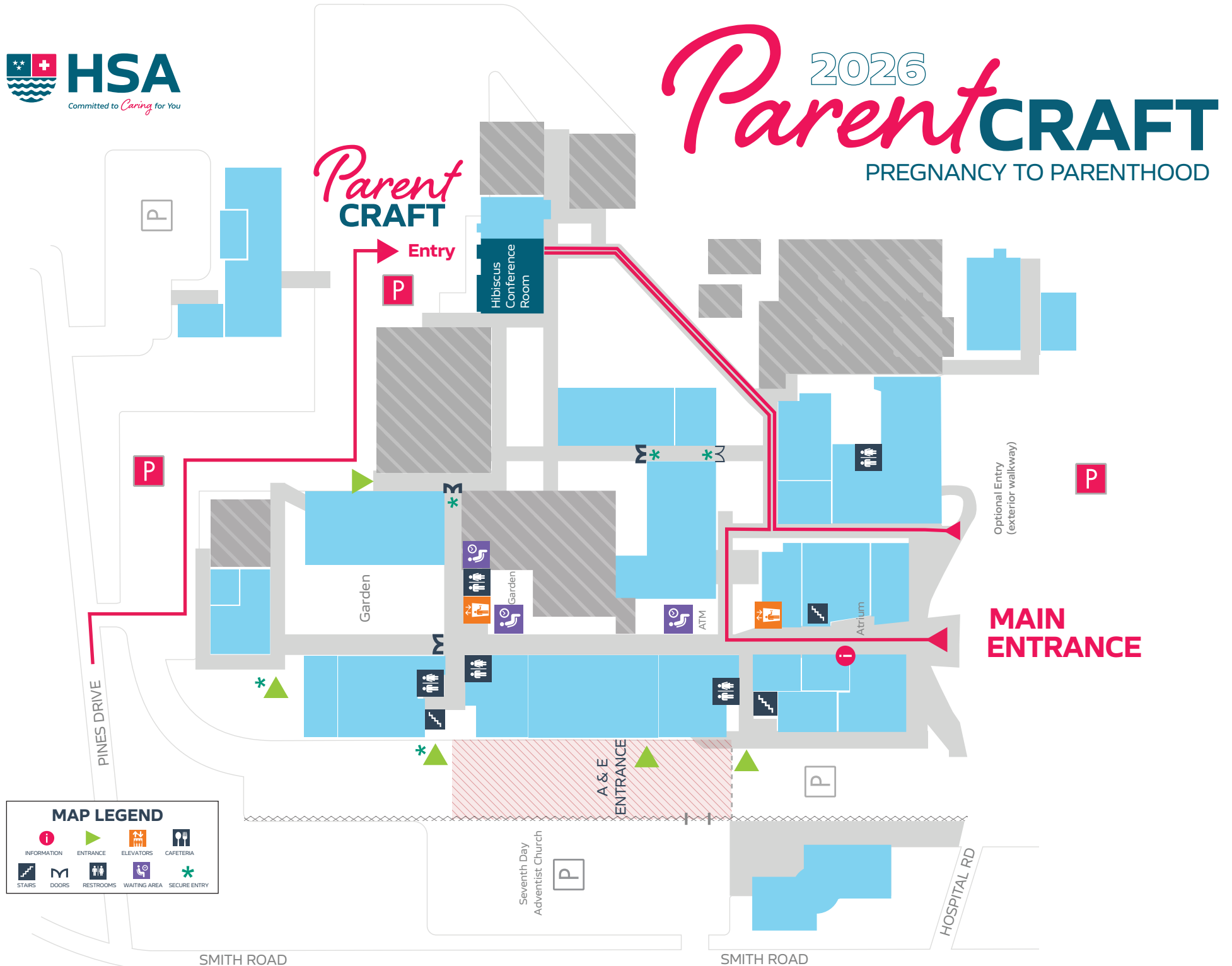


# 2026 ParentCRAFT

PREGNANCY TO PARENTHOOD



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PREGNANCY TO PARENTHOOD

## SELECT YOUR TOPICS & DATES

- General Health in pregnancy
- Parent-Infant Mental Health
- Tour of Maternity Ward

☐ Jan 5      ☐ Mar 2  
☐ July 13      ☐ Oct 15

- Genetics and Physiotherapy
  - pregnancy discomfort
  - relaxation exercise

☐ Jan 12      ☐ Apr 13  
☐ Jul 27      ☐ Oct 12

- Nutrition in Pregnancy
  - diabetes in pregnancy
  - infant nutrition
- Paediatric Feeding and Weaning

☐ Feb 2      ☐ May 13  
☐ Aug 3      ☐ Nov 2

- Normal Labour and Delivery

☐ Feb 16      ☐ May 27  
☐ Aug 10      ☐ Nov 23

- Alternate Methods of Delivery
- Postnatal Care
- Safety and Immunisation and Family Planning

☐ Feb 23      ☐ Jun 29  
☐ Aug 24      ☐ Sep 28

- Gross Motor and Speech Language Development in the first year of Life

☐ Mar 9      ☐ Apr 27  
☐ Aug 31      ☐ Oct 26

- Breastfeeding and Dental Care

☐ Mar 30      ☐ Jun 1  
☐ Sep 7      ☐ Nov 30

- Introduction to Infant CPR

☐ Mar 16      ☐ Jun 8  
☐ Sep 14      ☐ Dec 7

No Registration Required  
 5:30 pm - 7:00 pm

Hibiscus Conference Room  
 Anthony S. Eden Hospital  
 (Back entrance of Hospital,  
 off Pines Drive)

See inside for map



PREGNANCY TO PARENTHOOD  
 A Free Class for Expectant Families

# 2026 ParentCRAFT

Join our caring team from the HSA Maternity Ward, Physiotherapy Unit, and Dietetics Department as they share practical guidance and reassurance to help you feel confident and supported on your journey into motherhood.

ParentCraft is an eight-week series where a different topic is covered in each class.

5:30-7:00 pm

Hibiscus  
 Conference Room  
 Anthony S. Eden  
 Hospital  
 (Back entrance  
 off Pines Drive)

