



A joint initiative by WINGS and KK Women's and Children's Hospital

# Be A Certified Confinement Nanny

## Confinement Nanny Training Programme

**REGISTER**  
by  
**19 July 2013**  
(Payment to be made  
upon registration.)

Limited space available.  
Call May Tan at 6250 1012  
or email [may@wings.sg](mailto:may@wings.sg)



### TRAINING PROGRAMME

The **WINGS-KK Hospital Confinement Nanny Training Programme** equips you with the most up-to-date knowledge and practical skills for infant and confinement care. A skill set so beneficial, you may choose to extend it to your own family.

MODULES	DATE	TIME	VENUE	FEES	DETAILS
(M1) Baby & Mother Postnatal Care	19 & 20 August 2013 Monday & Tuesday	9am-5pm	WINGS Centre #05-01	S\$600 nett	<ul style="list-style-type: none"> <li>• Infant care and handling</li> <li>• Breastfeeding techniques</li> <li>• Postnatal hygiene</li> </ul>
(M2) Healthy Confinement Cooking	21 & 22 August 2013 Wednesday & Thursday	9am-5pm	To be advised	S\$600 nett	<ul style="list-style-type: none"> <li>• Plan and prepare confinement meals</li> <li>• Benefits of Chinese herbs and ingredients</li> <li>• Effective time management</li> </ul>
Value Added Skills	23 August 2013 Wednesday	9am-5pm	WINGS Centre #05-01	Included with M1 & M2	<ul style="list-style-type: none"> <li>• Relationship management</li> <li>• Client negotiation</li> <li>• Communication skills</li> </ul>

**Note: Programme commencement is subject to sufficient number of registered participants**

**Certificate awarded  
for completion of  
M1 & M2**

### BENEFITS

- Prepare over 15 confinement dishes and nutritious drinks
- Learn in a friendly environment
- No bond to serve
- Proven testimonials from past participants

### PRE-REQUISITES

- Singaporean/Singapore PR/Malaysian
- Basic cooking skills
- WINGS membership (Eligible for women 40 years & above. One-time \$10 payment.)

