

MEDICLINIC baby

MOTHERS' SUPPORT GROUP MEETINGS 2022

Mediclinic City Hospital invites you to join our FREE mothers' support group meetings, conducted monthly by our certified IBCLC lactation consultants.

At Mediclinic City Hospital, our lactation consultants are on hand in a series of monthly meetings to offer advice and help to women who are trying to breastfeed their babies. While the focus of these meetings remains the same - parenting and breastfeeding - each discussion is unique due to the ever changing mix of participants and their needs.

Mothers can benefit from information and support to suit their individual circumstances, and may find it helpful to share their personal experience and helpful tips, while learning about baby feeding and nutrition from the experts.

The lactation consultants are there to answer questions, allay fears and give reassurance. Of course, babies are invited to come with their mothers to these meetings!

Occasionally, experts such as neonatologists, paediatricians, physiotherapists or dieticians will join the meetings to offer their expertise on issues related to babies' development, communication and future health.



DATE	TIME	TOPIC	SPEAKER
January 18	9:30am-10:30am	Communication and social development	Sharnay Naidoo Speech Therapist
February 15	9:30am-10:30am	Baby's mouth hygiene	Dr. Marianna Velissariou Paediatric Dentist
March 15	9:30am-10:30am	Mother's diet	Rita Martins Clinical Dietician
May 17	9:30am-10:30am	Introducing solid food	Sreela Nair Clinical Dietician
June 14	9:30am-10:30am	CPR and choking	Anila Chandran NICU Unit Manager
July 19	9:30am-10:30am	Baby developmental stages	Dr. Jennifer George NICU Hospitalist
August 16	9:30am-10:30am	How your babies use their hands	Claire Dennis Occupational Therapist
September 13	9:30am-10:30am	Introducing solid food	Sreela Nair Clinical Dietician
October 18	9:30am-10:30am	Pelvic floor training and mother's exercise	Maria Harrop-Peel Women's Health Physiotherapist
November 1	9:30am-10:30am	Baby safety and SIDS	Zahra Mokhber Lactation Consultant
December 6	9:30am-10:30am	CPR and choking	Anila Chandran NICU Unit Manager

Remember, these meetings are absolutely free. For more information and to book your place please email mch.lactation@medclinic.ae