



婦產及嬰兒講座 CCHRC PERINATAL HEALTH CLASSES

產前護理

PRENATAL CARE

產婦生理上的變化

Physiological changes for the mother-to-be

所需的營養及運動

The role of nutrition and exercise

如何應付一些輕微的孕期不適

Helpful tips on dealing with minor ailments of pregnancy

母乳餵哺及嬰兒營養

BREASTFEEDING AND INFANT NUTRITION

哺乳及瓶奶

Breast-feeding and bottle-feeding

嬰兒第一年的營養需要

Nutrition during the first year

嬰兒護理

INFANT CARE

育嬰常識－洗澡，更換衣服及尿片，餵食

Infant care - bathing, changing, feeding

嬰兒人工呼吸急救法及安全常識

INFANT CPR AND SAFETY

如何辨別及應付食物哽咽，窒息，和心臟停頓

How to identify and care for choking, breathing emergencies and/or cardiac arrest

嬰兒安全守則

Tips on infant safety

收費計劃 FEE

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| <ul style="list-style-type: none">● 所有華人保健計劃會員免費● 持有加州醫療白卡的人仕每堂課\$20● 其他：每堂課\$30● 請在上課或系列課程開始前付清費用 | <ul style="list-style-type: none">● FREE to CCHP members● Medi-Cal recipients: \$20 per class● All others: \$30 per class● Payment due at beginning of class/series |
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