

## 產婦及嬰兒健康須知

### CCHRC PERINATAL HEALTH CLASSES

<b>產前護理</b> <b>Prenatal Care</b>	
<ul style="list-style-type: none"> <li>• 產婦生理上的變化</li> <li>• 所需的營養及運動</li> <li>• 如何應付一些輕微的孕期不適</li> </ul>	<ul style="list-style-type: none"> <li>• Physiological changes for the mother-to-be</li> <li>• The role of nutrition and exercise</li> <li>• Helpful tips on dealing with minor ailments of pregnancy</li> </ul>
<b>嬰兒人工呼吸急救法及安全常識</b> <b>Infant CPR and Safety</b>	
<ul style="list-style-type: none"> <li>• 如何辨別及應付食物哽咽，窒息，和心臟停頓</li> <li>• 嬰兒安全守則</li> </ul>	<ul style="list-style-type: none"> <li>• How to identify and care for choking, breathing emergencies and/or cardiac arrest</li> <li>• Tips on infant safety</li> </ul>
<b>嬰兒護理</b> <b>Infant Care</b>	
<ul style="list-style-type: none"> <li>• 育嬰常識－洗澡，更換衣服及尿片，餵食</li> </ul>	<ul style="list-style-type: none"> <li>• Infant care - bathing, changing, feeding</li> </ul>
<b>母乳餵哺及嬰兒營養</b> <b>Breast-feeding and Infant Nutrition</b>	
<ul style="list-style-type: none"> <li>• 哺乳及瓶奶</li> <li>• 嬰兒第一年的營養需要</li> </ul>	<ul style="list-style-type: none"> <li>• Breast-feeding and bottle-feeding</li> <li>• Nutrition during the first year</li> </ul>
<b>生產過程</b> <b>Delivery Process</b>	
<ul style="list-style-type: none"> <li>• 分娩前的先兆</li> <li>• 分娩階段及過程</li> </ul>	<ul style="list-style-type: none"> <li>• Signs of labor</li> <li>• Phases of labor; hospital and medical procedures</li> </ul>

### 分娩指導

#### Birth Instructions

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

### 產後護理

#### Postnatal Care

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• 產後營養調理，運動及情緒上的變化</li> <li>• 危險徵兆</li> <li>• 家庭生育計劃</li> </ul> | <ul style="list-style-type: none"> <li>• Care of self after delivery including nutrition, exercise, and emotional changes</li> <li>• Danger signs to watch for</li> <li>• Family planning</li> </ul> |
|--|--|

### 收費計劃

#### FEE

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