

PREGNANCY EDUCATION ONLINE SEMINAR

Program Day 1

Saturday, 27 February 2021

09:00 - 15:30

Part 1: You and Your Pregnancy

09:00 - 09:30	Welcome and log in
09:30 - 10:00	Due date: How to work it out
10:00 - 10:30	Pregnancy calendar: your belly's milestones
10:30 - 11:00	Pregnancy & COVID-19

10min Comfort break

11:10 - 11:40	Managing diabetes during pregnancy
11:40 - 12:10	Prematurity
12:10 - 12:40	Pregnancy nutrition- do I really eat for two?

30min Lunch break

13:05 - 13:25	Dressing comfortably during pregnancy & breastfeeding & Doula Support
13:25 - 13:40	Birthing options & dealing with labour pains
13:40 - 14:15	Caring for your pelvic floor & dealing with backaches
14:15 - 14:30	Packing for your hospital bag

10min Comfort break

Pregnancy FAQ (Frequently Asked Questions):	
14:40 - 15:10	Why should I supplement during pregnancy?
15:10 - 15:30	How can I deal with nausea?
15:10 - 15:30	What is the best way to avoid constipation?

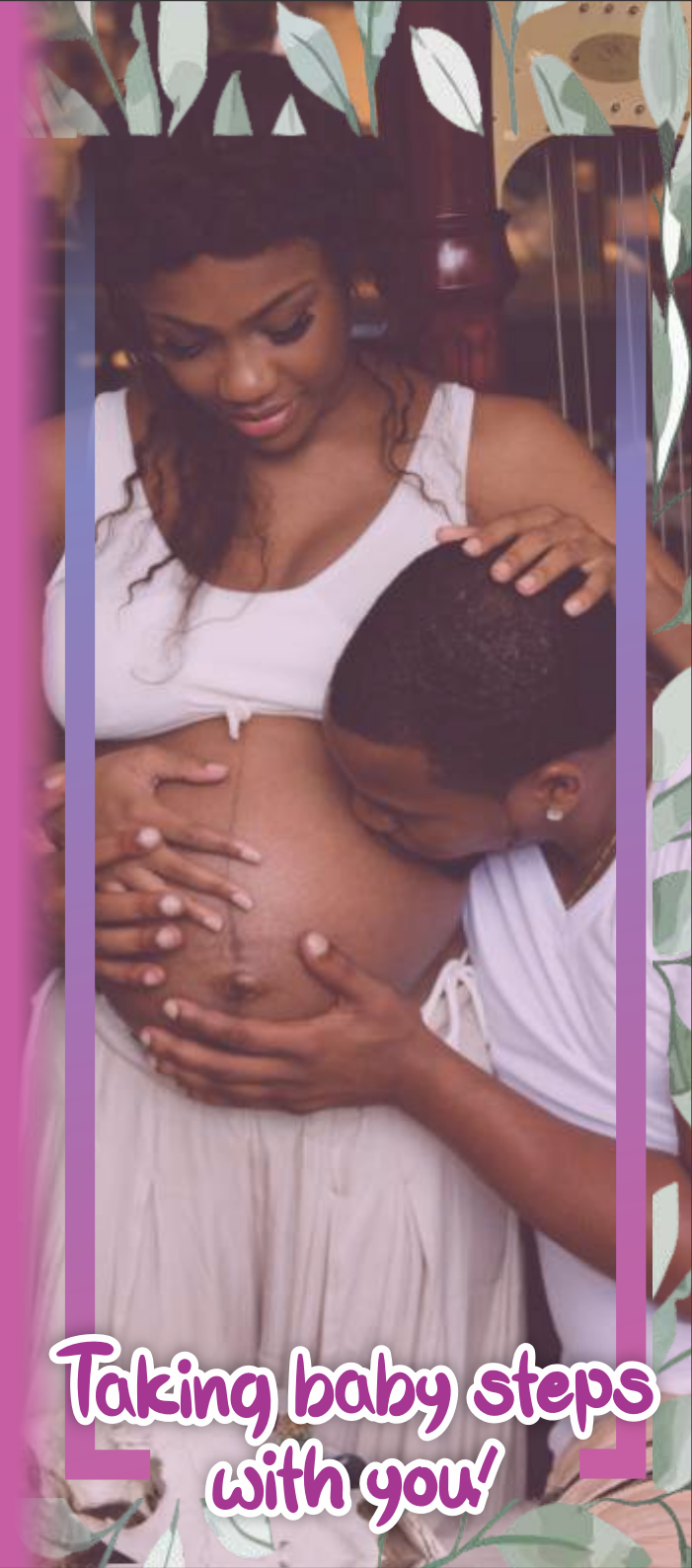
Closing and remarks

All
Gynaecologist & Obstetrician: Dr Muponisi Chabalala
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Gynaecologist & Obstetrician: Dr Tshepo Sithale

Gynaecologist & Obstetrician: Dr Martinho Kalenga
Neonatal ICU Nurse: Sr. Maggie Ratlhogo
Dietician: Mr Vusi Sape

Annabella maternity wear: Ms Ashleigh Milne
Maternity Unit Manager: Sr. Salome Phala
Physiotherapist: Ms Monica Mathule
Maternity Unit Midwife Nurse: Sr. Patience Mhlongo

iNova Pharma (PregOmega Plus): Melissa Eljelailati
Maternity Unit Manager: Sr. Salome Phala
Maternity Unit Manager: Sr. Salome Phala



**Taking baby steps
with you!**

PREGNANCY EDUCATION ONLINE SEMINAR

Program Day 2

Sunday, 28 February 2021
09:00 - 16:00

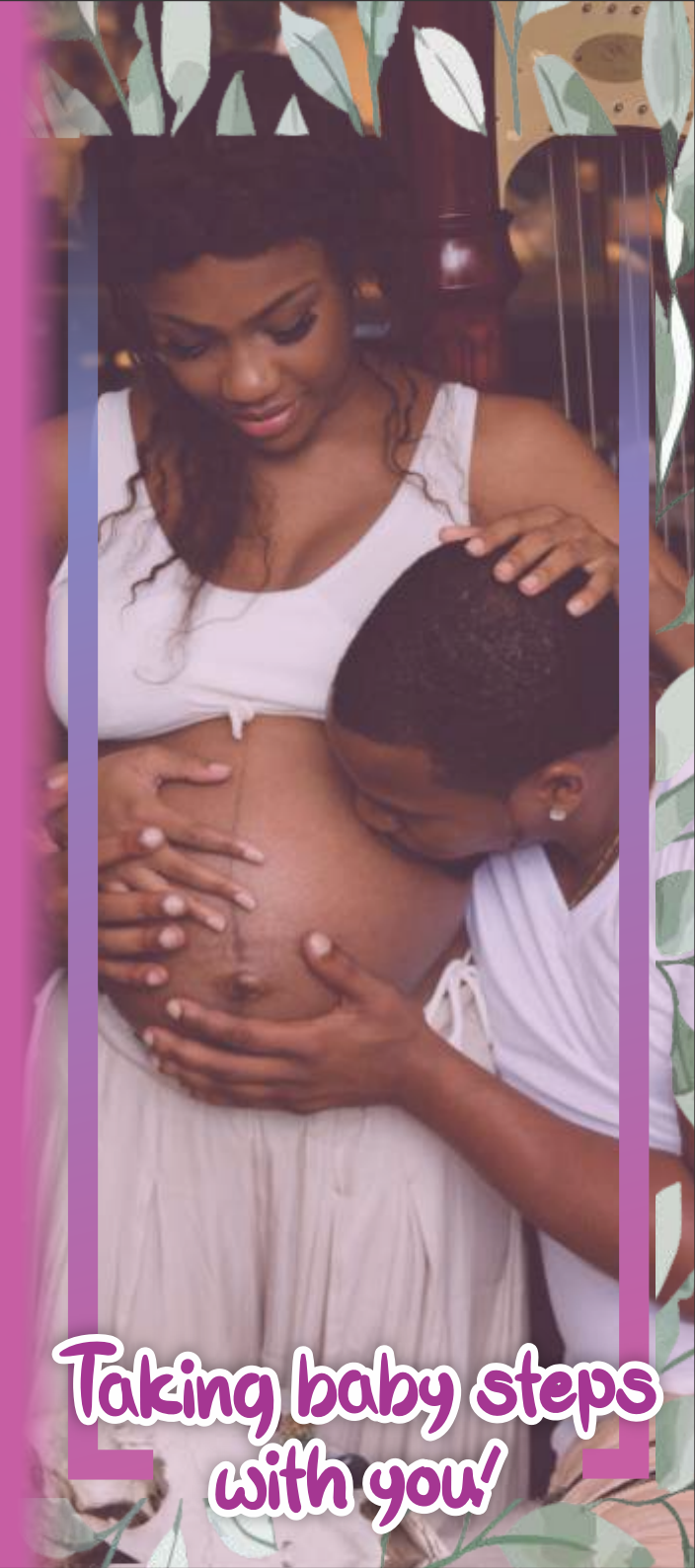
Part 2: You and Your Baby

09:00 - 09:30	Welcome and log in	All
09:30 - 10:00	Caesarean section scar management & taking care of your skin	Plastic and Reconstructive Surgeon: Dr Kenny Segwapa
10:00 - 10:30	Hugging and connecting through skin to skin: Kangaroo Mother Care (KMC)	Neonatal ICU Manager: Sr. Petunia Kabongo
10:30 - 11:00	Benefits of breastfeeding	Lactation Consultant in partnership with Nuk: Judy Kirkwood
11:00 - 11:30	Baby milestones Tiny Love & Doona baby products	Paediatrician: Dr Neo Mathibedi CEO: Mr Brendon Beeton
11:30 - 12:00	Different types of baby poo & what they mean	Paediatrician: Dr Nsungu Gibango
10min Comfort break		
12:10 - 12:30	Coping with Functional Gastro-Intestinal Disorder (FGID) 'Colic'	Baby Clinic: Sr. Joyce Nkuna
12:30 - 13:00	What is jaundice & how is it treated?	Paediatrician: Dr Mudibo Musasa
13:00 - 13:30	Dealing with postpartum depression	Psychiatrist: Dr Prudence Molete
30min Lunch break		
14:00 - 14:15	Safe proofing home for baby	Safety1st: Kate Kelly
14:15 - 14:20	Taking care of baby skin	Sudocrem barrier cream: Kate Kelly
14:20 - 14:45	Why is it important to know CPR on infants & toddlers?	RediCure EMS: Mr Mfanafuthi Kubeka

Part 3: Daddy & Baby

14:45 - 15:00	Living with a pregnant partner	Psychologist: Dr Mirriam Kganya
15:00 - 15:30	12 DadVerbs - How to be the father your children need	The Dad Coach & Author: Craig Wilkinson
15:30 - 16:00	Effective parenting & bonding with your baby	Expectant Mothers Guide Editor: Ms Lynne Bluff

Closing and remarks



**Taking baby steps
with you!**