

MEDICLINIC baby

MOTHER'S SUPPORT GROUP MEETINGS SCHEDULE FOR 2024

DATE	TIME	TOPIC	SPEAKER
JAN 9	9am -11am	Introducing solid food	Sreela Nair Clinical Dietician Dr. Ravi Gutta Consultant Allergy and Immunology
FEB 13	9am -11am	Communication and social development	Malek Gharaibeh Speech Pathologist Kirstie Hughes Speech Pathologist
MAR 6	9am -11am	Baby's mouth hygiene	Dr. Abeer Basunbul Consultant Paediatrics Dentistry
MAY 21	9am -11am	Baby developmental stage	Dr. Jeniffer George NICU Hospitalist
JUNE 11	9am -11am	CPR and choking	Anila Chandran NICU Unit Manager
JULY 9	9am -11am	Mother's diet	Rita Martins Clinical Dietician
AUG 13	9am -11am	Tips for happier family	Salma Abdelmagid Lactation Consultant
SEP 10	9am -11am	Introducing solid food	Sreela Nair Clinical Dietician Dr. Ravi Gutta Consultant Allergy and Immunology
OCT 15	9am -11am	Pelvic floor training and mother's exercise	Jacqueline Hawker Senior Physiotherapist
NOV 5	9am -11am	Baby safety and SIDS	Zahra Mokhber Lactation Consultant
DEC 12	9am -11am	CPR and choking	Anila Chandran NICU Unit Manager

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MOTHERS' SUPPORT GROUP MEETINGS 2024

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.

