

Our Professional Team:

- Experienced registered nurses and midwives
- Certified Lactation Consultant (IBCLC)
- Breastfeeding Counselling Course Trainer (WHO/UNICEF Accredited)
- Accredited Provider of Positive Parenting Program (Queensland)
- Diploma of Fellowship in the Specialty of Community & Public Health – Primary Health Care

我們的團隊:

- 專科護理團隊擁有二十年以上經驗之助產士及護士
- 國際母乳顧問
- 母乳輔導培訓導師 (世界衛生組織認可)
- 親子正面教育課程認可導師 (澳洲昆士蘭)
- 社區及公共健康院士



交通 Transport



香港舊山頂道一號嘉諾撒醫院

Canossa Hospital (Caritas), 1 Old Peak Road, Hong Kong

醫院穿梭巴士 The hospital shuttle bus

每日上午六時三十五分至晚上七時五分，來回穿梭醫院及金鐘港鐵站(星期日除外)

Travelling to and from the hospital and the Admiralty MTR station from 6:35am to 7:05pm (No Service on Sunday)

公共巴士 Bus

路線 Route	由 Start from	至 Stop at
12,12M	中環、金鐘 Central, Admiralty	羅便臣道 (高主教書院/花園台) Robinson Road (Raimondi College/ Garden Terrace)
23,40,40P	蒲飛路及華富邨 Pokfield Road and Wah Fu Estate	

專線小巴 Minibus

路線 Route	由 Start from	至 Stop at
3	國際金融中心第二期地下 IFC Tower2, G/F	
45A	西營盤 Sai Ying Pun	羅便臣道 Robinson Road
56	北角馬寶道 Marble Rd., North Point	
56A	銅鑼灣邊寧頓街 Pennington St., Causeway Bay	



嘉諾撒醫院

Canossa Hospital (Caritas)

天欣兒童保健中心

Celeste Child Health Centre

家傭初生嬰兒育嬰訓練課程

Newborn Baby Care Course

for Domestic Helper



Duration: 2.5 hours

課程時間: 兩小時三十分鐘

Celeste Child Health Centre
1/F Canossa Hospital
嘉諾撒醫院一樓
天欣兒童保健中心

Well-Prepared
充足預備

Practical Training
專業指導

Best Helpers
家裡好幫手

By Appointment 敬請預約

☎ 2825 5386 / 2825 5387
 ☎ WhatsApp 9664 0365
 ✉ babyclinic@canossahospital.org.hk
 1 Old Peak Road, Hong Kong
 香港舊山頂道一號

課程內容 Contents

第一節 Session One

Newborn bathing 嬰兒沐浴
Cord care 臍帶護理
Diapers changing 更換尿片

第二節 Session Two

Prevention of diaper rash 預防尿布疹
Temperature taking 量度嬰兒體溫
Management of fever 嬰兒發燒處理
Feeding medicine 餵食嬰兒藥物

第三節 Session Three

Sterilization methods
奶瓶消毒程序
Bottle feeding techniques
奶瓶餵食技巧
Handling of expressed breast milk
母乳處理方法
Burping techniques
掃風技巧

課程由本院註冊助產士主講
Instructed by Registered Midwives
of the hospital

課堂人數
Class size

每班四至六人
4 to 6 persons

語言
Language

英文
English

時間
Duration

兩小時三十分 預約安排
2 hours and 30 minutes Call
for booking

上課地點
Venue

嘉諾撒醫院一樓
天欣兒童保健中心
Celeste Child Health Centre
Canossa Hospital 1/F

費用
Fee

HKD \$1000

付款方法
Payment
method

於上課當天以現金付款
Please pay cash on the class

Please call for booking

Booking hotline: 2825 5386 / 2825 5387

若天文台於課堂舉行當天上午八時，仍懸掛八號或以上颱風信號，又或發出黑色暴雨警告，該課堂將會取消，補堂日子將會另行通知。

No refund or make-up class will be provided if the class has to be cancelled due to personal leave. The class will be cancelled if typhoon signal no.8 or above OR black rainstorm warning is in force.



After the COMPLETION

A certificate will be issued to helpers after completion of the course

完成課程之學員可獲得完成證書一張

Extra Service 額外服務

如家中有祖父母或粵語人士有興趣參加本課程，可致電本中心查詢及預約參加以粵語授課之初生嬰兒訓練課程。

We also provide Cantonese course on newborn care to expected grandparents and Cantonese-speaking nannies. Please contact the Celeste Child Health Centre for reservation.

