



FREE ANTENATAL CLASSES FOR CHINESE FAMILIES

Parents Centre are a not-for-profit organisation who equip parents with knowledge & skills for birthing & parenting.

新西兰父母中心是一个非营利性组织。它帮助准妈妈准爸爸们准备及了解分娩和育儿的知识和技巧。

- Pregnancy comfort, keeping healthy for you and your baby.
孕期调养·维持准妈妈及宝宝的健康。
- Signs of labour, labour journey, understanding when labour doesn't go according to plan, knowing your rights, the important role of Dad and support people.
分娩的征兆·自然分娩的过程·了解分娩过程中可能的介入治疗·知晓产妇的权利·以及准爸爸·支持人的重要性。
- Feeding and meeting your baby's needs, transition to parenthood, early days at home, support and practical parenting.
了解新生儿的喂养及需求·初为人父母的过度期·早期在家的帮助及实用的育儿技巧。

We have classes in both Hamilton and Auckland.
Visit our website here: parentscentre.org.nz or
Email: info@parentscentre.org.nz

Parents Centre's expertly facilitated programmes are informative, fun, interactive and engaging! 父母中心所提供的专业产前课程是具有大量有趣的内容·活跃的授课氛围及大量的互动。