

MEDICLINIC baby

MOTHER'S SUPPORT GROUP MEETINGS SCHEDULE FOR 2025

DATE	TIME	TOPIC	SPEAKER
JAN 21	9:30am-10:30am On Zoom	Introducing solid food	Sreela Nair Clinical Dietician Dr. Ravi Gutta Consultant Allergy and Immunology
FEB 18	9:30am-10:30am On Zoom	Communication and social development	Kirstie Hughes Speech Pathologist
APR 15	9:30am-10:30am On Zoom	Baby's mouth hygiene	Dr. Abeer Basunbul Consultant Paediatric Dentistry
MAY 20	9:30am-10:30am On Zoom	Baby developmental stage	Dr. Jeniffer George NICU Hospitalist
JUNE 17	9am-11am In class	CPR and choking	Anila Chandran NICU Unit Manager
JULY 15	9:30am-10:30am On Zoom	Mother's diet	Rita Martins Clinical Dietician
AUG 5	9am-11am In class	Tips for happier family International Breastfeeding Week celebration	Salma Abdelmagid Lactation Consultant
SEP 16	9:30am-10:30am On Zoom	Introducing solid food	Sreela Nair Clinical Dietician Dr. Ravi Gutta Consultant Allergy and Immunology
OCT 7	9am-11am In class	Pelvic floor training and mother's exercise	Jacqueline Hawker Senior Physiotherapist
NOV 4	10am-12pm	National Breastfeeding Week celebration	Salma Abdelmagid Somaye Rasooli Lactation Consultants
DEC 16	9am-11am In class	CPR and choking	Anila Chandran NICU Unit Manager

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MOTHERS' SUPPORT GROUP MEETINGS 2025

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.

