A multidisciplinary team have developed an elearning hub which is located on the NMH website. (see under virtual classroom/elearning hub). We recommend all women to access this elearning hub and would appreciate your feedback.

Class two: Parent craft/postnatal

* General Baby care advice:
* Safe sleeping
* Bathing baby and general advice
* Feeding baby with emphasis on breastfeeding tips
* General Postnatal care of new mother:
* What to expect in first few weeks
* Taking care of yourself-importance of rest
* Role of partner
* Postnatal mental health