

## ***Health Program***

### **Comprehensive Health Check-up**

Comprehensive Health Check-up for children from 3 to 12 years of age is available. Check-ups include: hearing tests, vision acuity test, body fat measurement, peak flow rate and lung expansion exercise, spine alignment assessment, routine urine test, verification of immunization status, and individual health counseling. Our general practitioners and pediatric specialists are available for your child's health check-up.

### **Infant Feeding**

#### Breast Feeding (BF) Facility

The BF Room is equipped with comfortable arm-chairs, nursing pillows and foot rests for breast feeding mothers.

A variety of breast pumps (electric and manual) are available to stimulate milk supply. Other breast feeding products and accessories such as nipple shield, cup feeder, syringe feeder and Haberman feeder are available for mothers and babies with nursing difficulties.

Breast Feeding Counseling Clinic operates every Friday except public holidays. The aim is to support nursing mothers and to provide information and solution to breast feeding problems.

The clinic is conducted by an International Board of Certified Lactation Consultants.

#### Infant Feeding

Infant receives nutrients either by breast feeding or bottle feeding with infant formula or both. We will help and support mothers with their preferred mode of feeding.

#### Breast Feeding

Human milk is the best source of nutrient for the infant. It is more than a simple collection of nutrients. It not only constitutes living substances of great biological complexity but it also provides a unique protection against diseases and stimulates the baby's own immune system. Therefore our hospital has established an on-going program to promote, support and protect breast feeding mothers.

#### Promote breast feeding during antenatal period

- Expectant mothers and families are informed of the benefits and management of breast feeding thus dispelling breast feeding myths.

#### Support breast feeding during hospitalization

- Staff will help mothers to initiate breast feeding soon after delivery.
- Staff will show mothers how to breast feed and to maintain lactation even if they are separated from their infants.

#### Protect breast feeding after being discharged from the hospital

- A 24-hour breast feeding hot-line at (852) 2276 7401 is available for nursing mothers who encounter problems at home.

- The Breast Feeding Counseling Clinic will follow up and support nursing
- mothers. This is to provide accurate information and provide solutions for
- breast feeding problems.