



Serve All with Love

Alvernia Parentcraft Centre

Having a baby is a significant milestone in your life and you want to be prepared for what is to come. At Alvernia Parentcraft Centre, our experienced and qualified lactation consultants are here to offer expertise and guidance on breastfeeding, bathing your baby and general newborn care.

Parentcraft Centre Services

- Antenatal lactation consultation
- Childbirth education
- Personalised breastfeeding consultation
 - Breastfeeding assessment
 - Breast engorgement
 - Latching and breastfeeding issues
 - Preparation for going back to work
- Personalised consultation on newborn care/bathing baby
- Personalised homocare service for mothers and babies
- Weaning
- Baby massage class

Childbirth Education Course

Specially developed by a team of parentcraft specialists to help new parents mentally and physically prepare for their childbirth.

Course Topics

- Labour and Delivery
- Breastfeeding
- Care of a Baby
 - Bathing a newborn
 - Sterilisation of feeding equipment
 - Handling a crying baby
 - Common problems of a newborn
 - Safety

Course Timings

- 1 Day Crash Course
 - 11am to 4.30pm
(with lunch break from 12.30pm – 1.30pm)



Scan to register via Alvernia Connect

Course Fee

| Description | Period | Usual Fees | Fees for Alvernia Ladies Card Members (10% off) |
|---------------------------------|----------------------|------------------------|---|
| Mothers delivering with MAH | Weekdays Weekends | S\$346.62 S\$390.22 | S\$311.96 S\$351.20 |
| Mothers not delivering with MAH | Weekdays Weekends | S\$415.29 S\$486.14 | S\$373.76 S\$437.53 |

Note: All prices are effective from 1 January 2026 and are inclusive of 9% GST.

CONTACT

Alvernia Parentcraft Centre

Call: 6347 6641

Email: parentcraft@mtalvernia.sg

Opening hours:

Mondays to Fridays: 8.30am to 5.00pm

Saturdays: 8.30am to 1.00pm

Closed on Sundays and Public Holidays