

Empowering Breastfeeding mothers to treasure the first 1000 days of their children

Aims:

Based on Scientific knowledge and local situation:

- To promote and support breastfeeding
- To enhance our next generation to have a long-term health
- To enhance healthy moms and happy family

Objectives:

A Breastfeeding training programme based on scientific knowledge and local situation. To enhance midwives breastfeeding knowledge, attitude and practice. To update the information on breastfeeding in Mainland.

Day 1: 13 JAN 2024 SAT 14:30 – 17:40

Day 3: 24 JAN 2024 WED 18:00 – 21:10

Day 2: 17 JAN 2024 WED 18:00 - 21:10

Day 4: 3 FEB 2024 SAT 14:30 - 17:15

D1, 13/F, Hyde Centre, 223 Gloucester Road, Wan Chai, Hong Kong

Contents

- Optimal nutrition for pregnancy and lactation women
- Breast Pain and mastitis in breast feeding mothers-from prevention to management
- Interpretation of weight gain in breast feeding babies – when to suspect lactation failure, overnutrition and genetic influence

婦女懷孕、坐月與哺乳期中中醫養生

Local research on the reason for not sustaining full BF

The pioneer of BF promotion in HK to talk on her experience on making antenatal talks successful

Breast Feeding in Mainland- How to develop continuity of care in breastfeeding support in Mainland to sustain breastfeeding?

Speakers

Dr. LEUNG Suk Fong, Sophie, Consultant, Breast Feeding Clinic, The Chinese University Of Hong Kong Medical Centre

Dr. Katy KOON, Assistant Lecturer, Registered Chinese Medicine Practitioner (Hong Kong) CUHK

Prof. CHOW Ka Ming, Associate Professor, The Nethersole School of Nursing, Faculty of Medicine, CUHK

Ms. Lydia LING, International Board Certified Lactation Consultant

Ms. Maggie YU, Chairman, La Leche League, Hong Kong

Target Participants:

Registered Nurses,
Midwives and Doctors

Fee:

HKD1500 (Member)
HKD2250 (Non-Member)

Teaching Medium:

Cantonese supplemented with English

CNE / CEM Point: 10.5 Points

Award: e-Certificate will be issued to those with 100% attendance & completion of assessment for the course.

Payment Method: Please enroll by using the QR code and make the payment within **7 days** of your enrolment, or your application will be cancelled. All course fees are not refundable / transferable.

1 Bank Transfer to Dah Sing Bank

Online / Mobile Banking

Receiving bank 收款銀行
040 Dah Sing Bank, Ltd. 大新銀行有限公司

Account no. 收款賬戶號碼
759 103 0574 7

Payee's name 收款人名稱
HONG KONG MIDWIVES ASSOCIATION

ATM

Account no. 收款賬戶號碼
59 103 0574 7

Account name 收款賬戶名稱
HONG KONG MIDWIVES ASSOCIATION

Please send the bank-in slip to us via
Email: info@midwives.org.hk,
WhatsApp: 9145 3581 or Fax: 2572 5329

2 By Cheque

Please send the crossed cheque payable to

“Hong Kong Midwives Association”

D1, 13/F, Hyde Centre,
223 Gloucester Road, Wan Chai
Hong Kong

e-Application Form



Scan Here

Enrolment Deadline: 8 January 2024 (first come first served)

Enquiry: ☎ 2893 8800

Course content may be updated and please refer to our website for the latest information.