

First Mums' and Dads' Congress 2014 Review



Useful and Informative Parenting Talks: Spectacular Turnout At First Mums' and Dads' Congress 2014

On 23 Feb, hundreds of parents packed the Fairmont Ballroom at Raffles City Convention Centre to attend Abbott's First Mums' and Dads' Congress 2014. Most of these parents were expecting their first child, and they came as a couple to enjoy and learn more of

the topics covered by the expert speakers from Thomson Medical Centre.



Preparing For A New Baby

A parent's journey starts before the baby's delivery and this can be as early as their decision to get pregnant. Mom Kate Chew who came with her husband and 2-year old son shared, 'I'm planning to have a second child and came to the Congress to be better prepared as I felt we were not completely prepared and informed when we had our first child.'

Kate's diligence to prepare ahead echoed the heartbeat of the parents who attended this Congress, with a spectacular turnout. The crowd was well-managed by helpful staff from Abbott who directed the queues for registration and lucky draw. Even Abbott's Director of Nutrition, Anna Jacob was there to personally welcomed parents into the ballroom.



Keeping Up With the Trend

The topics covered in the congress were of interest to many parents. For instance, many first-time parents were concerned with delivery options. Dr. Beh Suan Tiong, a Consultant Obstetrician and Gynecologist, covered the topic 'Delivery Decisions – The Essential Guide for Mums & Dads'.

Dr Beh shared that akin to fashion trend, the questions parents asked about delivery and pregnancy also had 'trending' topics and this was likely due to easy access to information on the web today. Even doctors have to understand these trends in order to advise parents in the right context. This explained why the congress had been well received by parents for nine years running, with relevant talks for the present day.

Learning How To Care For Mothers

Parents turned up not only to prepare for their baby's birth and care, but also to learn how to care for the mums. Mom Siti shared that Malay families have a different confinement tradition and they were interested to learn about TCM confinement in Physician Seah Ai Wei's talk on 'The Essence of TCM in Confinement Diets'. Siti's husband added, 'We are looking forward to learn about Chinese confinement food and what can or cannot be done, and maybe, we will merge the two traditions in our own way!'.



Interesting and Informative Talks

Mom Jess Chia wanted to learn about breastfeeding; what to eat and how to ensure a smooth breast-feeding experience. Mrs. Wong Boh Boi, Assistant Clinical Director and Senior Lactation Consultant, gave many practical anecdotes to parents on this. There were bursts of laughter from the audience when she shared some 'unusual' feeding habits of parents she came across.

One such habit was parents stroking their baby's hair and face during breast feeding. Mrs. Wong asked the moms to imagine how perplexed their spouse would be if they started stroking their spouse's face and hair just when all the men wanted to do was eat during the tea break!

Preparing To Be A First Mum and Dad



Many parents came to Abbott's First Mums' and Dads' Congress through their friends' recommendation as the talks were relevant and practical. The Congress made the Sunday afternoon a lovely one for many parents with its informative light-hearted talks, well-organization and delightful refreshment.

Parents took away many lessons on how they can manage their baby' delivery, confinement, breast feeding, baby feeding, to ensure a successful and joyful parenting journey for the family.

By Mei of EczemaBlues

Did you attend the Congress? Share your thoughts with us in the comment box below.