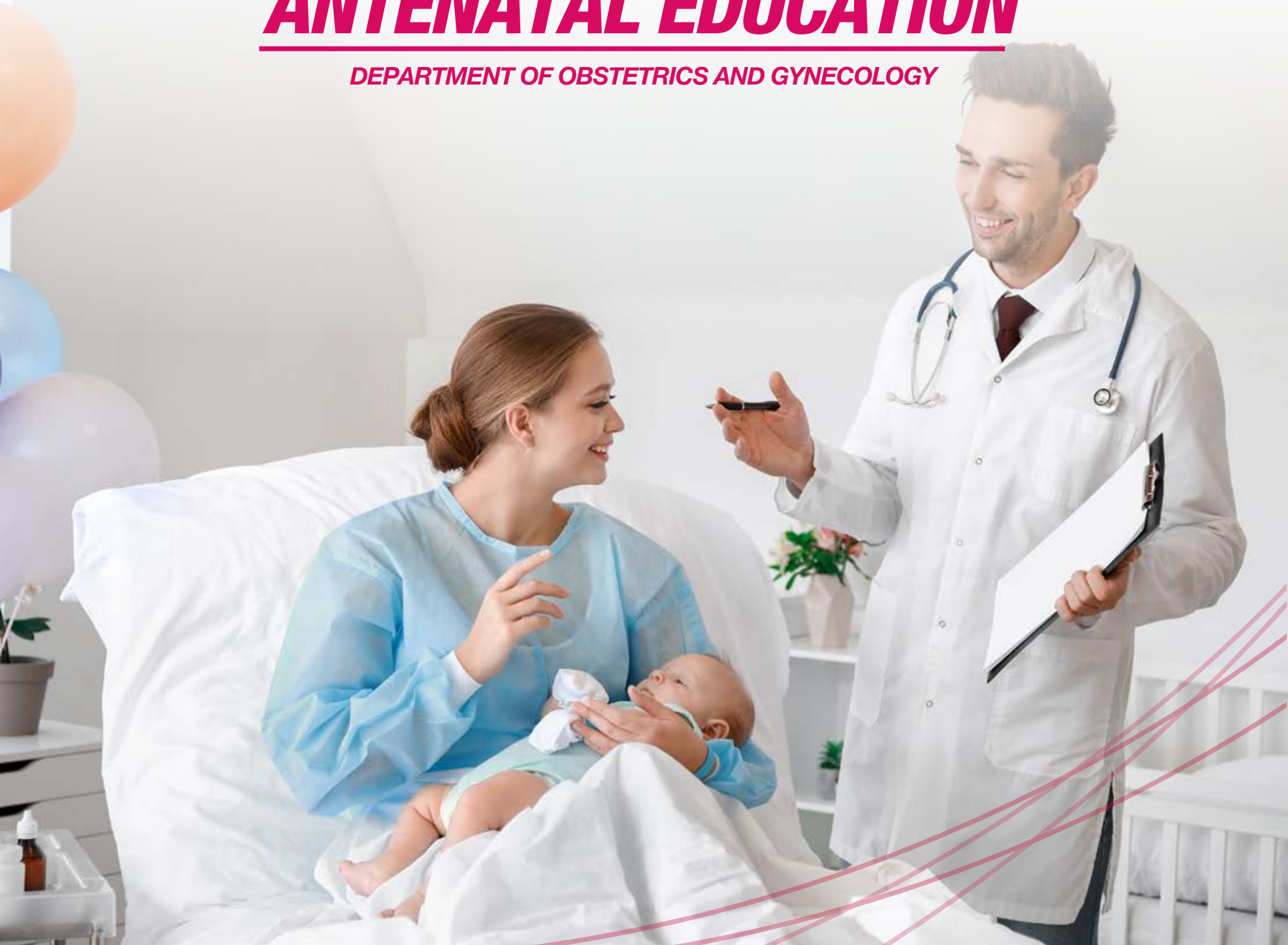


ANTENATAL EDUCATION

DEPARTMENT OF OBSTETRICS AND GYNECOLOGY



About UHS

University Hospital Sharjah (UHS) is a tertiary care multispecialty hospital located in the University City area of Sharjah.

It brings together a multidisciplinary team of physicians, nurses and health-care professionals to address the most complex and challenging medical problems for the residence of Sharjah and Northern Emirates. UHS is also an academic institution and enjoys a robust educational affiliation with the Medical College at University of Sharjah.

With the unlimited support of His Highness Sheikh Dr. Sultan bin Mohammed Al Qassimi, University Hospital Sharjah will always endeavor to be the leading healthcare provider in the region.

Our Service Strength

325 beds spread across multiple specialties including 210 In-patient beds, 40 Specialty outpatient beds, 34 Emergency beds, 16 ICU beds, 20 Neonatal ICU, 12 Hemodialysis beds, Physiotherapy department, Cardiac Catheterization Laboratory.

Advanced breast cancer treatment and surgical solutions in collaboration with Gustave Roussy Centre.

Regional center of excellence for maternity care with dedicated theatre suite, fetal assessment unit, ultrasound department and neonatal intensive care unit.

First-of-its-kind children's diabetes clinic specialised in providing check-up, follow-up and treatment.

Level 3 NICU equipped to care for babies born at 23 weeks gestation and above as well as babies born with critical illnesses at all gestational ages.

24/7 Emergency Services.

24 hours pharmacy.

“DELIVERING EXCEPTIONAL HEALTHCARE”



Importance of Skin-to-Skin Contact

This supports the baby's instinct to crawl to the breast and latch on the breast chin first and suckle well. This stimulates your milk, helps removing the placenta naturally, keeps baby secure, calm and warm.



Rooming-in 24 hours

- Your baby stays close to you
- You can see if your baby is hungry, in distress, needing you, or resting.
- You can keep baby skin-to-skin and feed him often.



Why is it Important to Breastfeed?

- Adequate Nutrition Suited for Baby's Health
- Protection Against Infection
- Promotes Bonding
- Promotes Brain Development



Learn Good Positioning and Latching

Learn to recognize when baby is transferring milk and when he is full.

After that, breastfeeding exclusively for 6 months is easy; and so is continuing breastfeeding up to 2 years or more.



Cradle Hold
(Same Arm)



Cradle Hold
(Opposite Arm)



Sit Hold



Biological Hold



Lying Hold

Good Positioning and Latching Avoids Nipple Pain.

Hazards of Formula Milk

Learn to recognize when baby is transferring milk and when he is full.

After that, breastfeeding exclusively for 6 months is easy; and so is continuing breastfeeding up to 2 years or more.

- Ear Infections
- Autism
- Gastroenteritis
- Asthma
- Respiratory Infections
- Leukemia and more...
- Type 1 Diabetes
- Obesity
- SIDS





If you have any difficulties related to breastfeeding after going home, kindly contact Ms Siham Mansour (Mob No: 0566392211) from 08:00am to 05:30pm from Sunday to Thursday, and if at night and weekends please call to 06 505 8473/8472.

Antenatal Education Classes

There is Antenatal Education Class Every Wednesday from 04:30 pm till 06:30 pm in the Antenatal Clinic.

The Helpline for Breastfeeding Society



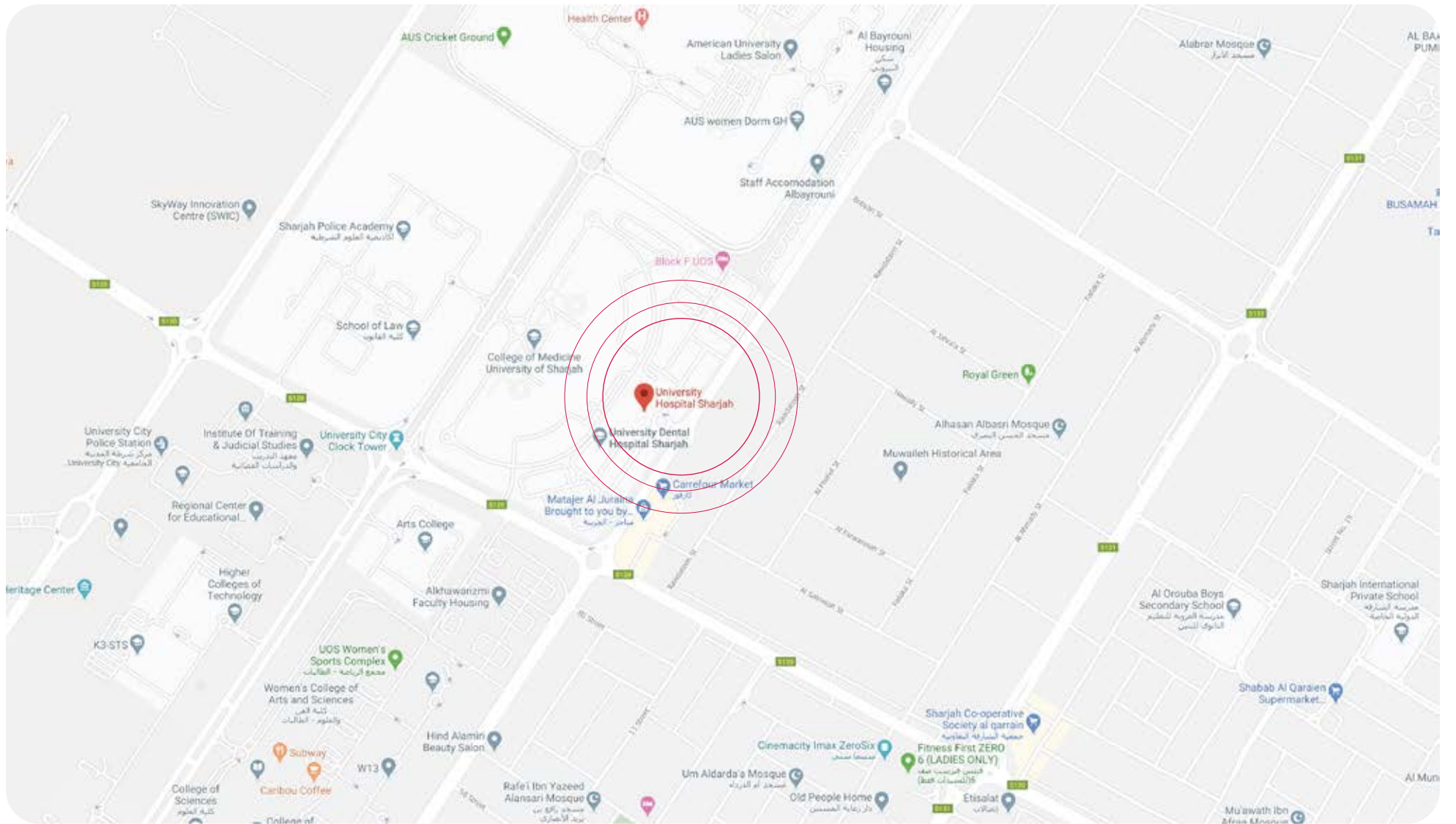
المجلس الأعلى للأسرة
Supreme Council For Family Affairs

Supreme Council for Family Affairs

Helpline Number - 600 570 001 (8am to 10pm)

Located in Qualia Area opposite to

The Sharjah Ladies Club



UHS | UNIVERSITY
HOSPITAL
SHARJAH
مستشفى الجامعة بالشارقة

UNIVERSITY HOSPITAL SHARJAH

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