

# Course Details for Confinement Nanny Training

## Module 1

### Postnatal Care

- Infant care & handling
- Breastfeeding techniques
- Postnatal hygiene

## Module 2

### Healthy Confinement

- Plan and prepare confinement meals
- Benefits of Chinese herbs & ingredients
- Effective time management

## Module 3

### Value Added Skills

- Relationship management
- Client negotiation
- Communication skills