

For Immediate Release

Thomson Confinement Food ***Nutritional Goodness Delivered to Your Doorstep***

19 November 2012 – Thomson Medical Centre extends its tradition of continuing care and commitment to mothers by launching a new initiative to take the hassle out of cooking confinement foods, giving new mothers more time to enjoy their babies.

Thomson Confinement Food provides wholesome, nutritious food to recuperating mothers after childbirth direct to their homes. Our confinement food service provides mothers not only the convenience, but home-style comfort food that is imperative during confinement.

Developed by our in-house team of nutrition experts and TCM Physician, our 28-day confinement food recipes, together with the rich influence of traditional Chinese medicine - each item is carefully selected and balanced for its nourishing benefit to mothers in their journey to recovery during their confinement.

Infused with fresh, specially selected ingredients and herbs, the menu serves up a modern blend of east meets west, whilst retaining rich traditional tastes of confinement favourites. From flavourful **Fish and Papaya Soup**, to timeless **Braised Pig's Trotters in Black Vinegar** and homemade **Chicken Essence with Wine**; our gastronomic spread is low in salt and fat - packing a robust flavour, bursting with natural goodness and great nutritional value.

The food is contained in thermal carriers, locking in the flavours, and at the same time, maintaining freshness. The thermal carrier also keeps the food warm during delivery.

The journey to motherhood is further enhanced by a range of other services offered by our **Thomson ParentCraft Centre**. From **Childbirth Education Courses**, to **Confinement Nanny Services** and our “**Thomson Baby Planner’s**” personal concierge for baby showers and first month celebrations – Thomson ParentCraft Centre believes that every motherhood journey is unique in its own, and we are excited to walk this journey of care and commitment with our mothers.

Other Thomson ParentCraft Centre Services include:

- Personalised Pre-natal Counseling
- Personalised Consultation on Breastfeeding, Bottle Feeding and Weaning, Bathing and Caring for Baby’s Skin, Crying and Fretful Baby
- Sleep Management in Babies
- Homecare Services
- Baby Massage
- Music Movement for Parent and Child
- Infant Care Training
- First-aid Training
- Hypno-birthing

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About Thomson Medical Pte Ltd

Incorporated in 1977, Thomson Medical is one of Singapore’s leading providers of healthcare services for women and children. It owns and operates Thomson Medical Centre, a fully integrated hospital that provides a comprehensive range of facilities and services with focus in obstetrics and gynaecology (O&G) and paediatric services.

Thomson Medical has grown its operations which now includes a network of Thomson Women’s Clinics island-wide and other subsidiary companies such as Thomson Specialist Skin Centre, Thomson Dental Centre, Thomson Fertility Centre, Thomson Lifestyle Centre, Thomson Women Cancer Centre, Thomson Paediatric Centre and Thomson Chinese Medicine.

Thomson Medical has won numerous awards and accolades over the years. Notably, it is the first company to be inducted into the Singapore Prestige Brand Award (“SPBA”) Hall of Fame, being a six-time consecutive winner of SPBA from 2004 to 2009. Demonstrating service excellence, Thomson Medical topped the healthcare sector in the Customer Satisfaction Index for Singapore (CSISG) in 2010 and 2011.

For more information, please visit Thomson Medical’s corporate website at thomsonmedical.com.

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