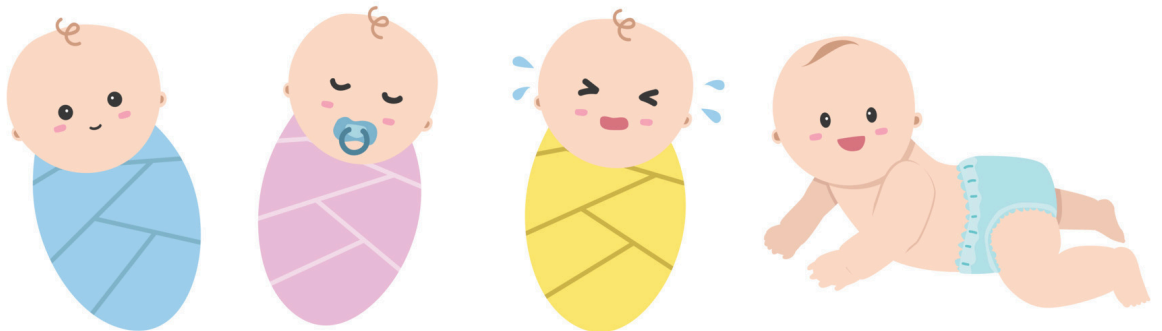


**HOPE CONFERENCE 2025**

# PARENTS LOUNGE GUIDE

*For Parents*



## 1. Eligible Age for Parents Lounge

The Parents Lounge is specially catered for parents with babies **under 18 months old**. Due to space limitation, only parents and helpers are allowed with their children. Children above 18 months old are encouraged to join in the HopeKids Campference.

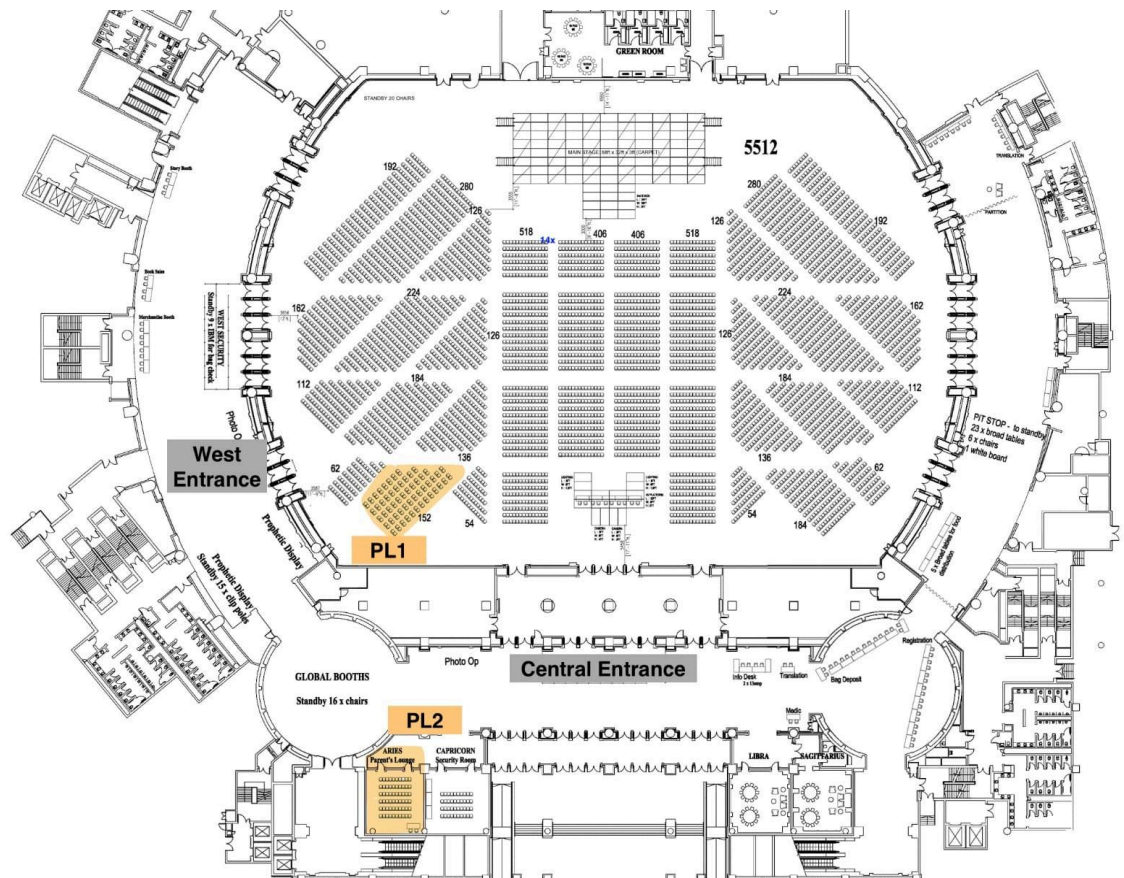
## 2. Location of Parents Lounge

There are two designated areas for parents with babies under 18 months :

**Parents Zone (PL1):** located inside the main ballroom

**Parents Lounge (PL2):** located in a room outside the ballroom

**PL1** is accessible via all ballroom entrances. The nearest entrance is via **West / Central Entrance**.



### **3. Pram Parking**

**PL1** - prams can be parked beside parents' seats

**PL2** - designated pram parking spaces are outside the room

### **4. Diaper Changing Stations**

Diaper changing stations are available in both **PL1** and **PL2**. Please ensure diapers are tied in plastic bags before disposal in the provided bins.

### **5. Hot Water Dispenser (PL2)**

Hot water is available in **PL2** for milk preparation.

### **6. Fridge (PL2)**

A fridge is available in **PL2** for milk storage only. Please label all milk bottles clearly with your child's name. Kindly collect all milk by the end of the last session each day. Any uncollected items will be cleared daily.

### **7. Food Policy**

**PL1** is a no food and drink area. Children's food can be consumed at **PL2**. Baby chairs are available.

### **8. Playmats (PL2)**

A small play area with playmats is available at **PL2**.

### **9. Earmuffs for Babies (PL1)**

Noise-reduction earmuffs for babies are available on loan in **PL1**. Please return the earmuffs at the end of each session.

## 10. Nap Time

There is no designated nap area. Parents may nap their babies in the prams in **PL1** or find quiet spots around **PL2**.

## 11. Nursing Pods (PL2)

Nursing pods are available at **PL2**. Mummies may check availability and book via **GO!MAMA** app. Nursing pods are for mummies only, and not accessible to men.

## 12. Check-in Time

Check-in time begins when the doors open for each session. For safety and security reasons, attendees will be required to leave after each session ends.

### Day 1

- Session 1: 9:30am - 11:30am
- Session 2: 2:00pm - 4:00pm
- Session 3: 5:00pm - 7:00pm

### Day 2

- Session 4: 9:30am - 11:30am
- Session 5: 2:00pm - 4:00pm
- Session 6: 5:00pm - 7:00pm