Prenatal Breastfeeding Classes

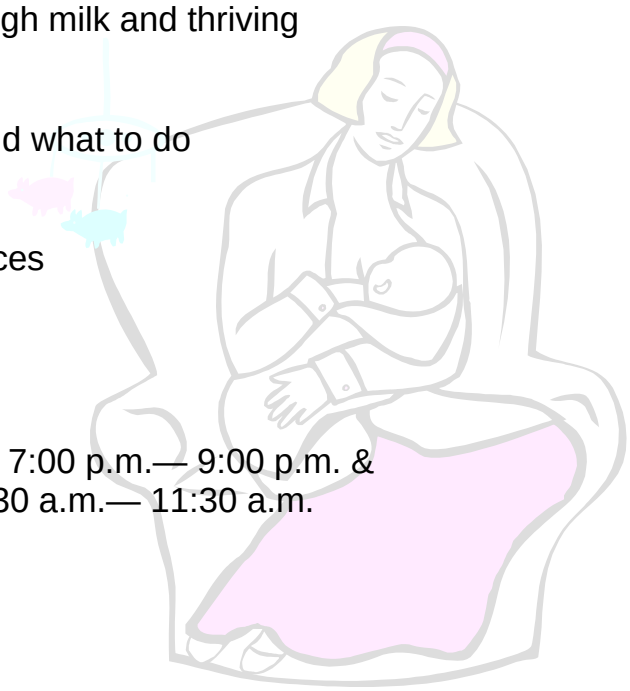
At Milton District Hospital

Halton Healthcare Services offers
Breastfeeding workshops twice per month
(one evening class and one Saturday morning class).
The classes are held at Milton District Hospital
through the Obstetrics Department.

Workshops are ***two hours in length*** and are open to expectant mothers and their partners. In small groups (6 couples per session) participants will learn about the benefits of breastfeeding.

Some of the topics covered include:

- How to latch and position your baby
- What you need to know and what to expect for the initial days of breastfeeding
- How to know if your baby is getting enough milk and thriving
- How to overcome challenges
- Discreet nursing in public
- Growth spurts - when to expect them, and what to do
- How to maximize milk production
- Pumping and Storage of breast milk
- How to find help from community resources
- Question and Answer period



Classes are held:

- The 3rd Wednesday of each month from 7:00 p.m.— 9:00 p.m. &
- The 4th Saturday of each month from 9:30 a.m.— 11:30 a.m.

Cost:

- $45.00 per mother and guest

For more information, please contact the workshop leader,
Jill Hicks, MHE, IBCLC, Lactation Consultant, at 905-878-2383 Ext. 7610.

Please call for registration and pre-payment
(Visa, MC, cash or cheque accepted).

Classes are limited to 6 couples, so please register early.