

Preparing to Breastfeed—2019

Burwood Hospital Outpatient's Facility, via Main Entrance
then by **lift or stairs to Level 1**

DATES FOR 2019 - 10:30AM — 12:30PM

January 17th, Thursday

February 16th, Saturday

March 21st, Thursday

April 20th, Saturday

May 23rd, Thursday

June 15th, Saturday

July 18th, Thursday

August 17th, Saturday

October 3rd, Thursday (no Sept class)

October 19th, Saturday

November 14th, Thursday

December 21st, Saturday



Topics covered include:

- ◆ The importance of exclusive breastfeeding
- ◆ What to expect while establishing breastfeeding
- ◆ Aligning and latching your baby
- ◆ Hand expressing and storage of breastmilk
- ◆ Breastfeeding beyond the hospital stay

Significant others welcome to attend (e.g. partner or grandparent)

Enquires to 364-4521 - option 1, Bookings Required