

Virtual Prenatal Breastfeeding Class

Recommended at 24-36 weeks – FREE!

Topics:

- Latch and Positioning
- Milk Supply – do I have enough?
- Signs of an Effective Feeding
- The first 3 days - what to expect
- Breastfeeding difficulties and how to manage them
- Bras and breast pumps – what do I need?
- When to seek help



Offered Thursdays at either 10:00 am or 7:00 pm (2x/month)

Register today with the Receptionist for OR call 403-284-3711 ext 1

Email address and video conference capability required - Partner or Support Person welcome