

2022 Sessions
10am – 12 midday
Classes are Face to Face only – held
in the Westmead education Centre,
level 2 Westmead Hospital

Date	Room
January -Tuesday 11th & Thursday 27th	
February -Tuesday 8th & Thursday 24th	
March -Tuesday 8th & Thursday 24th	
April -Tuesday 12th & Thursday 28th	
May -Tuesday 10th & Thursday 26th	
June -Tuesday 7h & Thursday 23rd	
July - Thursday 28th	
August - Thursday 25th	
September - Thursday 29th	
October - Thursday 27th	
November - Thursday 24th	
December - Thursday 15th	

It is recommended
that women book into
the breastfeeding
information sessions
by
28 weeks of
pregnancy.

Scan the QR code
below to book a
session.



Breastfeeding Information Sessions 2022

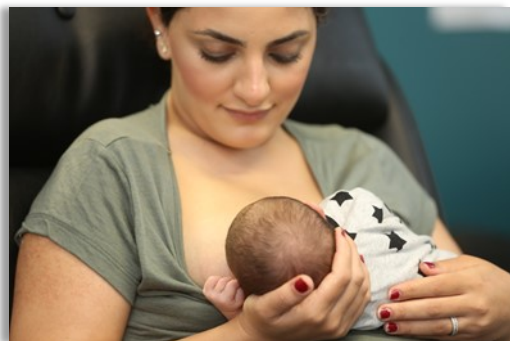


 **Women's &
Newborn Health**
Westmead Hospital

www.womensnewbornhealth.com

Antenatal breastfeeding information sessions

Breastfeeding is important for you and your baby's health and gives your baby a good start in life.



Breastfeeding is the normal way of feeding your baby and is convenient, free and environmentally friendly!

Want to learn more about breastfeeding?

Westmead Women's and Newborn Health offer free breastfeeding information sessions which you are invited to attend.

These sessions run for 2 hours.

Dates as listed on front on flyer from **10:00am to 12:00pm.**

You may be about to become a mother for the first time, or you may have had previous difficulties breastfeeding. The breastfeeding information sessions aim to answer all of your questions and explain any myths that you may have heard regarding breastfeeding your baby.



What is covered in the information session?

- ◆ Why breastfeeding is important and the risks of not breastfeeding
- ◆ How your breasts make milk - supply and demand
- ◆ Skin to skin contact and the first feed
- ◆ Feeding cues and when to feed baby
- ◆ Positioning and attachment of baby at the breast
- ◆ Rooming in - staying close to baby
- ◆ Normal newborn behavior
- ◆ Signs baby is feeding well
- ◆ Normal weight changes for baby and breast changes for mum
- ◆ Community supports
- ◆ Returning to work - expressing breast milk
- ◆ Impact of dummies and bottle feeding on breastfeeding
- ◆ Common breastfeeding problems
- ◆ Contraception

Sessions are available face to face only. You will be emailed instructions on where to attend when you register. Limited tickets are available.