

**2023 Sessions**  
**10am – 12 midday**  
Classes are Online or Face to Face  
in the Westmead Education Centre,  
level 2, Westmead Hospital.

**Dates for 2023**

**January** -Thursday 19th & Tuesday 31st

**February** -Thursday 16th & Tuesday 28th

**March** -Thursday 16th & Tuesday 28th

**April** -Tuesday 4th & Thursday 20th

**May** -Thursday 18th & Tuesday 30th

**June** -Tuesday 6th & Thursday 22nd

**July** - Tuesday 4th & Thursday 20th

**August** - Thursday 17th & Tuesday 29th

**September** - Tuesday 5th & Thursday 21st

**October** - Thursday 19th & Tuesday 31st

**November** - Thursday 16th & Tuesday 28th

**December** - Tuesday 5th & Thursday 15th

It is recommended  
that you book  
into an information  
session by  
**28 weeks** of  
pregnancy.

Scan the QR code  
below to book a  
session.



**Breastfeeding  
Information  
Sessions  
2023**

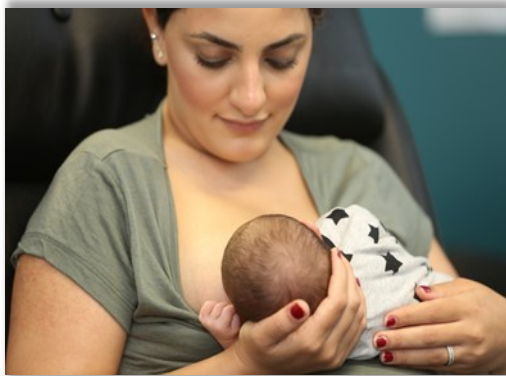


[www.womensnewbornhealth.com](http://www.womensnewbornhealth.com)

## Antenatal breastfeeding information sessions

Breastfeeding is important for you and your baby's health and is the normal way to feed your baby.

Breastfeeding is hard work, but it is worth it!



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

## Want to learn more about breastfeeding?

This may be your first baby or you may have had difficulty breastfeeding last time.

We invite you and your partner/ support person to attend free breastfeeding information sessions.

**Sessions run from  
10:00am to 12:00 midday** - dates on reverse of flyer.

These sessions will answer all of your questions and concerns.



## What is covered in the information session?

- ◆ Why breastfeeding is important
- ◆ Risks of not breastfeeding
- ◆ How your breasts make milk
- ◆ Skin to skin contact - the first feed
- ◆ Feeding cues -when to feed baby
- ◆ Positioning baby for feeding
- ◆ Helping baby to latch
- ◆ Normal newborn behavior
- ◆ Signs baby is feeding well
- ◆ Body changes for mum
- ◆ Where to get support in the community
- ◆ Expressing breast milk
- ◆ Dummies and bottle teats Common problems
- ◆ Contraception

Sessions are face to face and Online . You will be emailed instructions when you book. Limited tickets are available.