

# 2018 Calendar

Date	Room
Thursday February 6	Seminar 3
Thursday March 1	Seminar 2
Thursday April 5	Seminar 2
Thursday May 3	Seminar 2
Thursday June 7	Seminar 2
Thursday July 5	Seminar 2
Thursday August 2	Seminar 2
Thursday September 6	Seminar 2
Thursday October 4	Seminar 2
Thursday November 1	Seminar 2
Thursday December 6	Seminar 2



It is recommended that women book into the breastfeeding information sessions by **28 weeks** gestation.

However, if you are more than 28 weeks pregnant and interested in an information session, you are welcome to book into a class anytime.

To book an information session go to the website address below and search the Childbirth and Parenting education information page.

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

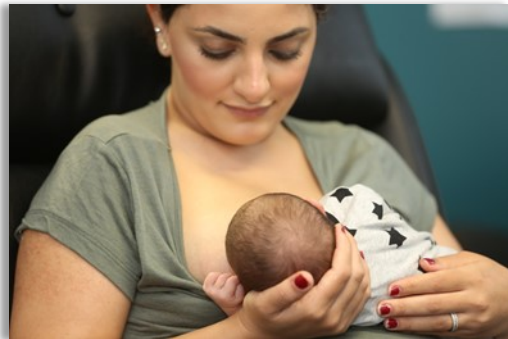


## Free Breastfeeding Information Sessions



## Antenatal breastfeeding classes

Breastfeeding is important for you and your baby's health and gives your baby the best 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 once a month on a Thursday from 9:30am to 11:30am.

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

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**Remember** to bring a drink and small snack with you to the information session. There are also refreshments available from the Zouki café, level 2, Westmead Hospital.