

# Virtual **BREASTFEEDING CLASSES AND SUPPORT**



Register for our free Prenatal Breastfeeding Classes and Virtual Breastfeeding Support.

Parenting partners are encouraged to join.

## DURING THE 2 HOUR PRENATAL CLASS YOU WILL LEARN HOW TO:

- Prepare to start breastfeeding.
- Identify when your baby is hungry and full.
- Latch your baby to your breast.
- Comfortably position your baby.
- Assess if your baby is getting enough breastmilk.
- Prevent and address breastfeeding concerns (e.g., engorgement, supply issues).
- Obtain local breastfeeding support.

### **Online Classes** offered in English.

**2023** Tuesdays from 6 - 8 p.m.

October 24

November 28

December 19

## SESSIONS FOR PARENTS WITH NEWBORNS

Register for our new “Ask a Lactation Consultant” sessions to get continued support and expert guidance throughout your breastfeeding journey.

Select Mondays from 10 a.m. - 12 p.m.  
Visit our website below for session dates.

## REGISTRATION IS REQUIRED FOR THESE PROGRAMS



[wechu.org/parents](https://wechu.org/parents)

519-258-2146 ext. 1350

Infant feeding support is available Monday - Friday 8:30 a.m. - 4:30 p.m.  
Healthy Families Hotline **519-258-2146 ext. 1350**