

## Antenatal breastfeeding class

The Breastfeeding Preparation Class is designed for pregnant women who want to breastfeed their baby but feel that they need more information to help prepare them for this wonderful but sometimes challenging experience.

Although breastfeeding is natural, it is a skill that needs to be learned, but often women don't get many opportunities to learn about breastfeeding before they have their own baby and so pregnancy is the ideal time to learn about breastfeeding.

The Breastfeeding Preparation Class will give you a good understanding of how to breastfeed and also about the practicalities of breastfeeding, such as: how to know the baby is latched on correctly, how to know the baby is getting enough milk, how often to feed the baby and much more.

This course will cover all the important information to enable you to get off to a great start with breastfeeding. You will also receive interesting reference material.

The Breastfeeding Preparation Class is designed to help women have a positive breastfeeding experience. As a Doctor and an International Board Certified Lactation Consultant and a Mother of two, I know that education and support can have a profoundly positive effect on how a woman experiences new motherhood, and I am committed to supporting women during this extraordinary time in their lives.

In the Breastfeeding Preparation Class you will be taught about the important aspects of breastfeeding so you will feel much more knowledgeable and confident about breastfeeding before your baby arrives!!