

Christchurch Women's Hospital Antenatal Breastfeeding Courses, 2015

January	21 & 22 (9:30-12:00pm)	July	18 Saturday (9:30-3:00pm)
February	14 Saturday (9:30-3:00pm)	August	12 & 13 (9:30-12:00pm)
March	14 Saturday (9:30-3:00pm)	September	19 Saturday (9:30-3:00pm)
April	22 & 23 (9:30-12:00pm)	October	14 & 15 (9:30-12:00pm)
May	16 Saturday (9:30-3:00pm)	November	7 Saturday (9:30-3:00pm)
June	17 & 18 (9:30-12:00pm)	December	2 & 3 (9:30-12:00pm)



Topics covered include:

- Importance of exclusive breastfeeding
- What to expect while establishing breastfeeding
- Aligning and latching your baby
- Hand expressing and storage of breastmilk
- Breastfeeding beyond the hospital stay

WHERE: Parent Education Room, Christchurch Women's Hospital

Tea, coffee, biscuits provided but please bring your own snacks or lunch for Saturday

Enquiries to 364 4521 - Otherwise just come! No bookings required

Significant others (e.g. partners, grandparents) are also welcome to attend