

SUCCESSFUL BREASTFEEDING

Dr. Manson's 2 hour educational workshop provides all the breastfeeding basics you'll need to get baby off to an awesome start!

TOPICS

- The ABCs of breastfeeding
- Perfecting breastfeeding positions
- The perfectly latched baby
- Reducing nipple soreness
- Breastfeeding frequency
- Benefits of breastfeeding
- How breastmilk adapts to your baby's needs
- Is my baby getting enough?
- Early milk and colostrum
- Expressing breastmilk
- Practical tips
- Your Questions

DATES

Monday September 17th
OR
Tuesday November 20th

TIME:

6:30 -8:30 pm

LOCATION

Here!

60 Gillingham Drive
Suite 200

See Receptionist or call
905-456-7111
to reserve your spot