



# 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

## DATE:

Tuesday, November 20

## Time:

6:30-8:30pm

## Location:

Here!

60 Gillingham Dr, Suite 200

**To reserve your spot for this FREE workshop, see receptionist or call 905-456-7111**