

Maternity Services



Breastfeeding Class

Have you got questions about breastfeeding?

Come and join our free afternoon class conducted by our qualified and experienced lactation specialists.

NORTH SHORE
PRIVATE HOSPITAL

This class is designed to provide you with the skills, knowledge, and confidence to breastfeed, giving your baby the best start in life. For first time mothers this class expands upon knowledge you will already have gained in the Childbirth and Parenting programme. If you have breastfed before you will have an opportunity to refresh your knowledge and consult with the lactation specialist about any concerns, or issues that may have arisen during your previous breastfeeding experience.

Topics cover:

- How to breastfeed a new baby
- How to position and attach a new baby
- Trouble shooting and how to get help
- Expressing and storing breast milk
- Working and breastfeeding

Places are limited and bookings are essential.

Classes are held twice a month on a Wednesday 4-6 PM.

Telephone (02) 8425 3280



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