

# FREE Breastfeeding Information Session for Moms and Dads



Kate Nadeau, breastfeeding coach with Allaitement Québec and mother of two will offer practical advice to expectant parents about breastfeeding

- Learn what to expect as your baby begins nursing
- Discover tips to help baby latch on easily
- Find the position that's right for you and baby
- Follow baby's rhythm and establish your own family routines
- Learn what Dads can do to support the nursing process
- Ensure you know what do if minor nursing problems arise
- Rest assured baby is gaining weight, growing and thriving on breast milk alone

**When:** Wednesday, January 16, 2019 from 7 to 9 pm

**Where:** **Philanthropy Room** on the third floor of the community Wellness Centre in the Jeffery Hale pavilion (1270 ch. Sainte-Foy) Quebec, Qc G1S 2M4). Free parking in the JH Hospital parking lot

Register before the January 7<sup>th</sup> deadline by calling 418 684-5333, ext. 1265

To learn more about our other early childhood programs:



October 11, 2018

