



# Breastfeeding Information Sessions

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 to do if minor nursing problems arise
- Rest assured baby is gaining weight, growing and thriving on breast milk alone

**Where:** Online using videoconference technology. You will need a cellphone, tablet or laptop with a camera and an internet connection.

**When:** From 7:00-8:30pm  
• October 21, 2021

**To register:**  
[wejh.ca/breastfeeding-information-session](http://wejh.ca/breastfeeding-information-session)



For more details, please visit [wejh.ca](http://wejh.ca), email [jprice@jhpartners.net](mailto:jprice@jhpartners.net) or call 418-684-5333, ext. 12009

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