This single evening session is offered by public health nurses and is open to all pregnant women and their partner/support person.

We Will Discuss:

- benefits of breastfeeding
- hunger cues
- position and latch
- knowing when your baby is getting enough
- the importance of support
- where to get help

and so much more...

Classes are currently offered once a month on the North Shore.

For more information or to register
Email nsbreastfeeding@vch.ca
Call 604-983-6846