

## HAVE QUESTIONS ABOUT FEEDING YOUR BABY?



Prepare for your baby's arrival with a visit to our Breastfeeding Clinic. We help moms prepare for a successful Nursing experience.

Prenatal breastfeeding consults are available to any pregnant woman, whether this is your first baby or third. Professional advice and breastfeeding education will be provided.

### **COME FIND OUT:**

- Why exclusive breastfeeding is so important for you, your baby and family
- The benefits of skin-to-skin
- How breastfeeding works/ how your body makes milk
- What you need to know about breastfeeding
- Cue feeding and recognizing when your baby is hungry
- Breastfeeding in the first week after your baby is born

Consults are available every Wednesday from 10am-12 pm on the WCH unit, at the Colchester East Hants Health Centre.

For more information, or to register, call (902) 893-5544.