



a HealthyNS Program

FREE Online Class Getting Ready to Breastfeed: What to Expect & How to Prepare



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Whether you're new to breastfeeding or have breastfed before, every experience is different and you and your baby may need time to learn together. This session will help you know what to expect, how to get ready before your baby arrives, and where to find support if you need it. Learn practical information to help you feel more confident as you begin breastfeeding.

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