



Australian
Breastfeeding
Association

Breastfeeding Preparation Session

Learn to breastfeed

What's covered

- Getting started - including holding and attaching your baby
- Steps for a comfortable feed
- How to tell when your baby is hungry
- Signs that your baby is getting enough milk
- What's normal for newborn feeding and common baby behaviours
- Where to go for help and support

Learn and practice how breastfeeding works with other expectant parents at our interactive 1.5-hour webinar. At the end of the session, hear from a breastfeeding mum and ask anything you want to know in the Q&A segment.

Sessions are held on a weekly basis. See our website for times.



Book now!

aba.asn.au/marketplace



Learn more

aba.asn.au/bps