



Australian
Breastfeeding
Association

Breastfeeding Preparation Sessions

to suit your situation

Impacted by diabetes or expecting multiples? Your guide to breastfeeding

Learn and practice how breastfeeding works at one of our interactive 2-hour webinars. At the end of the session, hear from a breastfeeding mum who has been in your situation and ask anything you want to know in the Q&A segment.



Book now!

[aba.asn.au/
bps-specific](https://aba.asn.au/bps-specific)

Diabetes Breastfeeding Preparation Session

You will learn

- The impact of diabetes on pregnancy and breastfeeding
- Tips for establishing breastfeeding when you have diabetes
- Antenatal expression of colostrum
- 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

Multiples Breastfeeding Preparation Session

You will learn

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