

Breastfeeding Preparation Session



Australian Breastfeeding Association

Book now!
aba.asn.au/marketplace



Learn to breastfeed

Your ABA **Breastfeeding Preparation Session** is an important part of your family's pre-birth plan.

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 every **Saturday** afternoon and some **Wednesday** evenings.

What's covered

- How to tell if your baby is getting enough milk
- Getting started - including positioning and attaching your baby
- How to tell when your baby is hungry
- What's normal for newborn feeding and common baby behaviours
- Where to go for help and support

FREE in Tasmania with ABA Virtual Village

After registering for a session, contact your local group to receive a \$20 refund. Instead of \$90, receive Virtual Village Plus for just \$70, or \$55 for Health Care Card holders, after refund.

*Prices may change. Correct at time of printing.

Find your group!
aba.asn.au/tasmania

