

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

- Register for a session
- Contact your local group to claim \$35 cashback
- Receive Virtual Village Plus for \$90, instead of \$125
- Just \$40 for *Health Care Card holders after cashback

*Virtual Village Plus for Health Care Card holders is \$75, before cashback

Find your group and claim!
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