

# BREASTFEEDING EDUCATION COURSE



## ABOUT THE WORKSHOP

Pregnant? New Baby? Do you have questions about Breastfeeding? Join us for 2 ½ hours for a fun filled, educational and practical course on breastfeeding your baby. Being informed about breastfeeding and its benefits for both mum and baby makes breastfeeding easier right from the beginning. Breastfeeding gives your baby the very best start in life.

In the Breastfeeding Education Course you'll obtain up-to-date information on many aspects of breastfeeding including:

- Breast care during pregnancy
- The benefits of breastfeeding
- How breastfeeding works
- Positioning and attachment
- What to expect from a breastfed baby
- Prevention of common problems
- Role of the father during breastfeeding
- Expressing and storing breastmilk
- Working and breastfeeding

**Check with your Private Health Fund regarding rebates**

## UPCOMING DATES

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Please visit our website for upcoming dates for this workshop:

**[www.pregnancy.com.au](http://www.pregnancy.com.au)**

## PRICE

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**\$45 individual**

**\$72 per couple**

## BOOKINGS & LOCATION

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### **PBB Health Centre**

13A Buller St  
North Parramatta NSW 2151  
(opposite Doyle Ground)

Phone: 1300 MIDWYF  
(1300 643 993)

[office@pbbhealthcentre.com.au](mailto:office@pbbhealthcentre.com.au)



PBB HEALTH CENTRE