

Queen Square Family Health Team

Presents

PRENATAL BREASTFEEDING EDUCATION! *“BEST START FOR BABY”*



BEST START FOR BABY

Are you 24+ weeks pregnant?

Do you want to learn about:

- How Breastfeeding Works
- How to Breastfeed
- Common Concerns & Solutions
- Misconceptions & Myths

Want to sign up?

Call: 905-453-1453 to register!

Space is limited!

WHY SIGN UP?

- ▶ Meet other mothers
- ▶ Learn about breastfeeding
- ▶ Learn practical skills
- ▶ Ask questions
- ▶ Connect with health professionals

When: August 24, 2015 at 4:30 pm

Where: Queen Square Family Health Team

Address: 36 Voddan Street East Unit 308

Breastfeeding Facts

Breastfeeding is beneficial because it...

- ▶ Helps your child to develop facial muscles
- ▶ Helps your child's overall growth and development
- ▶ Develops a strong bond between you and your baby
- ▶ Is always ready at the right time and temperature and is environmentally friendly, convenient and free!

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BREASTFEEDING CLINIC



QSFHT Breastfeeding Clinic can help you with...

Maternal Concerns

- ▶ Milk Supply
- ▶ Nipple Pain
- ▶ Cracked & Bleeding Nipples
- ▶ Latching & Position
- ▶ Previous breast reduction
- ▶ Engorgement
- ▶ Flat or Inverted Nipples
- ▶ Blocked milk ducts
- ▶ Mastitis/Abscess

QSFHT Breastfeeding Clinic can help you with...

Infant Concerns

- ▶ Slow weight gain
- ▶ NICU discharge
- ▶ Failure to thrive
- ▶ Prematurity
- ▶ Thrush
- ▶ Colic
- ▶ Formula Intolerance

Speak to your
doctor for a
referral to the
Breastfeeding
Clinic today!



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