

**How To Make Breastfeeding Easy And Enjoyable!**

**Virtual Group Antenatal Baby Feeding Classes**

This is a free virtual class run by an Infant Feeding Lead, a Lactation Consultant and Health Visitor.

All pregnant mothers and partners welcome. Classes last about 2 hours and there will be a short break during the class. You will learn about…



* The First Feed
* Establishing Breastfeeding
* Building A Milk Supply
* Different Ways to Hold Baby
* Common Breastfeeding Problems[More](https://www.facebook.com/pg/TheLactationCorner/services/)
* Responsive Feeding
* Pumping & expressing
* Baby Sleep
* Bottle Feeding
* Your Baby’s Brain

There will be time for any questions you may have. Classes run in the evening: 7pm to 9pm. The classes may overrun if we are a bit chatty!

To book a space please email Julie Peris (Infant Feeding Lead in Harrow) on [j.peris@nhs.net](mailto:j.peris@nhs.net) or call 07889232460