

Pregnancy breastfeeding classes

2018

**Surgical, Women's and
Children's
Health Service**

Class 1

- ❖ How to latch your baby at your breast
- ❖ What are the benefits of exclusive breastfeeding?
- ❖ How does breastfeeding work?

Class 2

- ❖ How to hand express your milk
- ❖ What to expect from your breastfeeding baby
- ❖ What is a baby friendly hospital and how can we help you?



Wellington Hospital Classes come as a pair and are from 6pm - 8pm

Johnsonville Plunket classes are one 3-hour from 10am-1pm

Kenepuru Hospital classes are one 3-hour session from 6pm-9pm

Wellington Hospital	Kenepuru Hospital	Johnsonville Plunket Family Centre
23 rd + 30 th January	18 th January	In Mandarin
13 th + 20 th February	8 th February	10 th February
13 th + 20 th March	8 th March	
3 rd + 10 th April	12 th April	7 th April
22 nd + 29 th May	10 th May	
12 th + 19 th June	7 th June	9 th June
10 th + 17 th July	12 th July	
28 th August + 4 th September	9 th August	11 th August
18 th + 25 th September	6 th September	
16 th + 23 rd October	11 th October	20 th October
13 th + 20 th November	8 th November	
4 th + 11 th December	6 th December	1 st December

Partners, grandmothers or other support people are *Welcome!*

Please bring a baby-sized teddy or doll

Gold coin Koha appreciated

To book email: breastfeeding.classes@ccdhb.org.nz
or phone 04 8060873

免费产前母乳喂养课程—普通话授课



- ❖ 为何选择母乳喂养
 - ❖ 母乳喂养的好处
 - ❖ 如何母乳喂养
 - ❖ 喂奶的常见问题与解答
- 欢迎准爸爸，奶奶，外婆和其他家人偕同参加。

上课时间：每月开课，周末上课。具体时间，邮件通知。

上课地点：**Johnsonville Plunket**

欢迎电邮至：breastfeeding.classes@ccdhb.org.nz，预约课程。



HUTT maternity
Hutt Valley Maternity Care



Capital & Coast
District Health Board
ŪPOKO KI TĒ URU HAUORA