



Infant Feeding Support Group

HOMELESS PRENATAL PROGRAM • 2500 18TH ST SAN FRANCISCO • (415) 546-6756 • WWW.HOMELESSPRENATAL.ORG



Mondays
1:30 - 2:30
Zoom

*Healthy Feeding for
your Baby*

Families in this class build community with other parents and learn about important aspects of feeding your children. Open to families before and after the birth of their baby

*Contact Francesca or Hanna
at 415-546-6756 x316, x406*

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|---|----------|-------------------------------------|----------|
| Breastfeeding Basics: Why Breastfeed? | 01/07/20 | What Gets into your Breast Milk? | 02/18/20 |
| Getting Started: How Breasts Make Milk | 01/14/20 | Complications of Breastfeeding | 02/25/20 |
| Baby-Led Feeding: Making Enough Milk | 01/21/20 | Feeding Transitions | 03/03/20 |
| Latch and Milk Transfer | 01/28/20 | Breastfeeding Six Months and Beyond | 03/10/20 |
| Overcoming Breastfeeding Barriers and Myths | 02/04/20 | | |
| Co-Sleeping, Bottle Feeding, and Pacifiers | 02/11/20 | | |