



Infant Feeding / Lactation Support Group

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



Mondays @ 10:00 -11:00 am

Weekly via zoom

Winter Groups start the week of April 18th through June 6th 2022

Healthy Feeding for your baby

Come join us to learn and share together:

- How to recognize when your baby is hungry
- How to know that your baby is getting enough to eat
- How to make and keep a good milk supply
- How to prevent & address the challenges of breast/chest feeding
- How & when to wean and if pumping is necessary

Call Juanita (415)632-1768 or Samantha

650-204-0613 or email

juanitawortham@homelessprenatal.org

samanthalopez@homelessprenatal.org

For any question related to registration.

April 18,2022	LACTATION BASICS
April 25, 2022	GETTING STARTED: How our bodies make milk
May 2, 2022	SUCCESSFUL LATCH AND MILK TRANSFER
May 9 , 2022	BABY LED FEEDING & MAKING ENOUGH MILK
May 16, 2022	COSLEEPING, BOTTLE FEEDING & PACIFIER USE
May 23, 2022	ALL ABOUT THE MILK WE MAKE! MINIMIZING AND ADDRESSING CHALLENGES
May 30, 2022	HPP will be Closed (Memorial Day)
Jun 6 , 2022	INFANT FEEDING 6 MONTHS AND BEYOND

