



# Breastfeeding Support Group

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



**Mondays @ 10:30 am**

Weekly zoom mtgs

## 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 solve the challenges of breast/chest feeding
- How & when to wean and if pumping is necessary

**Call francesca @  
650.308.4903 to register.**

Sept 21	LACTATION BASICS
Sept 28	GETTING STARTED: How our bodies make milk
Oct 5	SUCCESSFUL LATCH AND MILK TRANSFER
Oct 12	BABY LED FEEDING & MAKING ENOUGH MILK
Oct 19	ALL ABOUT THE MILK WE MAKE!
Oct 26	MINIMIZING AND ADDRESSING CHALLENGES
Nov 2	COSLEEPING, BOTTLE FEEDING & PACIFIER USE
Nov 9	INTRODUCING SOLID FOOD AND BREASTFEEDING