



Infant Feeding / Lactation Support Group

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



Weekly on Monday's via zoom at 1:30 PM

**October 17th through December 5th
2022**

Join us to learn and share your wisdom with a community.

- 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

For any question related to registration,
Please contact Angelica Alvarez
415-503-1483 or Juanita Wortham
415-632-1768

10/17/22	LACTATION BASICS
10/24/22	GETTING STARTED: How our bodies make milk
10/31/22	SUCCESSFUL LATCH AND MILK TRANSFER
11/7/22	BABY LED FEEDING & MAKING ENOUGH MILK
11/14/22	COSLEEPING, BOTTLE FEEDING & PACIFIER USE
11/21/22	Thanksgiving Recess / no class
11/28/22	MINIMIZING AND ADDRESSING CHALLENGES & INFANT FEEDING 6 MONTHS AND BEYOND
12/5/22	Graduation