



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
1:30 PM - 2:30 PM**

April 10th through May 22, 2023

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 Hanna 415-415-273-9043 or Samantha (650) 204-0613



4/10/23	LACTATION BASICS GETTING STARTED: How our bodies make milk
4/17/23	SUCCESSFUL LATCH AND MILK TRANSFER
4/24/23	BABY LED FEEDING & MAKING ENOUGH MILK
5/1/23	COSLEEPING, BOTTLE FEEDING & PACIFIER USE
5/8/23	MINIMIZING AND ADDRESSING CHALLENGES
5/15/23	INFANT FEEDING 6 MONTHS AND BEYOND
5/22/23	GRADUATION
5/29/23	<u>HOLIDAY HPP CLOSED</u>