

# BREASTFEEDING BABY: Planning for Success !



The information you need to make an informed choice about how to feed your baby

**One 2½-hour class    Fee: \$10/person - \$15/couple**

**For dates offered or more information, please call  
Childbirth & Parenting Services at 416-530-6367.**

## Discussions include:

- The importance of breastfeeding
- The unique qualities of breastmilk
- Understanding how breastmilk is made
- Getting off to a good start: The first week
- Getting a latch that works for mom and baby
- How to know baby is thriving on breastmilk
- Avoiding and overcoming common challenges
- When and where to get help
- Support from others who value breastfeeding: Dads, grandparents and friends

ST. JOSEPH'S  
HEALTH CENTRE | TORONTO

### HOW TO REGISTER:

Please fill in the form below, detach and mail, along with a cheque\* or money order for the fee (*payable to St. Joseph's Health Centre*), to:

Childbirth & Parenting Services, St. Joseph's Health Centre  
30 The Queensway, Toronto, Ontario M6R 1B5.



## Breastfeeding Baby: Planning for Success Registration Form

**I would like to register for Breastfeeding Baby: Planning for Success**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Street: \_\_\_\_\_ Apt. #: \_\_\_\_\_

City/Town: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: Home \_\_\_\_\_ Work: \_\_\_\_\_

Cell \_\_\_\_\_ Best date for me: \_\_\_\_\_

Enclosed please find:     \$10/ person    OR     \$15/couple

Please note:

Full refund of registration fees will be granted only if notice of cancellation is received 3 WEEKS prior to the start of sessions.

\*Post-dated cheques will be accepted ONLY if previously authorized.

10/2008