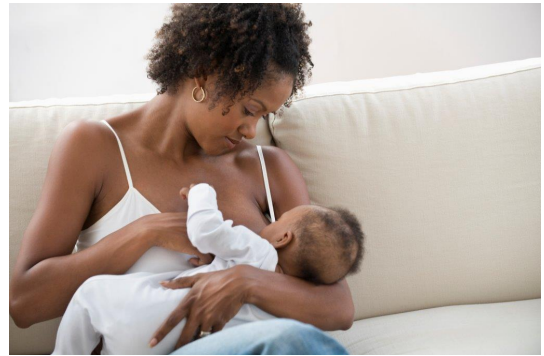


Learn to Breastfeed Class

with Tania Heinemann IBCLC, RNCP

OHIP covered breastfeeding class (with a referral from your health care practitioner)



About this class:

This class is offered 1:1 to expectant parents and their support person

Appointments are virtual on Zoom

Must be at least 30+ weeks gestation

Available to expectant parents across Ontario

Referrals from RM, NP, OBGYN, MD, Ped are accepted

What you will learn:

Preparing to breastfeed

Benefits and importance of skin to skin

First latch

Latching tips and techniques

Milk supply

Troubleshoot common breastfeeding concerns

How to cope with gas/colic

Benefits of human milk

Combo feeding

Benefits and importance of colostrum

Community resources for breastfeeding support

And more!

Book your OHIP covered appointment with Tania today:

www.yellowood.ca 519-716-0956