



topics for antenatal breastfeeding education

mumsmilk is best

- benefits of breastfeeding for baby and mum
- breast changes in pregnancy
- successful milk production and transfer - demand and supply
- expectations, feelings and goals
- useful breastfeeding products

first hours with the baby

- importance of uninterrupted skin-to-skin contact after birth and the first breastfeed after birth
- position and attachment (baby led and mother led attachment)
- demand feeding
- baby's hunger cues
- baby's sucking reflex and patterns
- rooming in and bed sharing
- expressing and storage of milk
- using teats, dummies and complementary feeds

how to prevent or overcome challenges

- breast care
- newborn jaundice
- sore/cracked nipples
- blocked ducts, engorgement and mastitis
- low milk supply or over milk supply

getting used to "normal everyday life" again

- how do I know my baby is getting enough?
- baby's weight gain, output, milestones
- why does my baby cry?
- support by your partner
- baby wraps and carrier
- mum's nutrition
- introducing solid foods
- weaning