

FREE



LA LECHE LEAGUE
CANADA

PRENATAL BREASTFEEDING CLASS

VIRTUAL AND LIMITED IN-PERSON OPTIONS

Feel confident and prepared before baby arrives with trusted info, practical tips, and zero judgment.

SCAN ME



- Preparing to breastfeed
- Basics of positioning and latching
- Establishing your milk production
- How to know your baby is getting enough milk
- How and where to get support

