

## ANTENATAL INFANT FEEDING WORKSHOP

**Do you have questions or queries about how you plan to feed your baby? Need more information on how to get your feeding journey off to the best start?**

Come and join the Croydon maternity and health visiting infant feeding teams for an interactive workshop around infant feeding and relationship building to answer any questions you might have.

**The session will cover the following topics and lots more:**

- Relationship building with your baby through pregnancy
- Birth and beyond
- Skin to skin contact
- Colostrum harvesting
- Preparing for your baby's arrival
- Getting feeding off to the best start
- How breastfeeding works and common concerns
- Effective positioning and attachment for comfortable breastfeeding
- Normal newborn behaviours and signs feeding is going well



**Location:** Thornton heath library, Brigstock Road, CR7 7JB

**Time:** Wednesday -11:30am -1:00pm