



**Breastfeeding
Koorero
Free
For Health
Workers**

Let's koorero about supporting our community with
breastfeeding

- Suitable for anyone working with Maamaa and Peepi

Date for next session 31 March & 4 April 2023, 9:30am – 12:30pm.

Selection of Topics discussed:

- Introduction to benefits of breastfeeding
- Stages of breastmilk
- Normal new-born behaviours (feeding cues, cluster feeding)
- Supporting with basic position and latch
- Breastfeeding, Alcohol and Smoking
- Breastfeeding and going back to work
- Avoiding complications (Mastitis, engorgement, nipple damage and more)
- When to refer to a professional.

Interactive sessions, with lots of koorero to answer your questions.

For more information and to register
call 0800HELPBF or email terito.ora@middlemore.co.nz

