

Loving Guidance I hope family centre

Participating in play with your child provides a great opportunity to enhance your relationship.

- ♥ Hear your child and follow their lead
Listen to their request and whenever possible, accept the invitation.
- ♥ Show respect for your child and others
Model courtesy to teach your child to be respectful.
- ♥ Acknowledge your child's feelings
Demonstrate that you understand that your child's feelings are real and important.
- ♥ Offer choices that meet the needs of your child
Provide appropriate choices and include your child in decisions to enhance their sense of independence.
- ♥ Give calm, kind and firm directions
Remaining calm while providing clear directions will let your child know that you trust their ability.
- ♥ Create opportunities to overcome obstacles and develop coping skills
Demonstrate you believe in your child's ability.
- ♥ Prepare your child for what will happen next
Include your child and tell them what they can expect to happen next.
- ♥ Let your child know that challenges have solutions
Encourage your child to keep trying and honour their emotions.
- ♥ Emphasize the process not the outcome
Teach your child that their sense of self is not tied to the end result, but rather to the effort they have used along the way.
- ♥ Model a positive attitude
Communicate positively to let your child know that you enjoy being with them.

We Accept Donations

For most programs there is no fee, thanks to our generous sponsors and donors. Financial donations are very much appreciated and help us keep our doors open.

Family Services of the North Shore
Acknowledges Financial Assistance
Government of Canada, United Way of the Lower Mainland, Province of British Columbia, City of North Vancouver, District of North Vancouver and the District of West Vancouver.

Community Diversity

Families come in many different forms and from many different backgrounds. At FSNS we believe that diversity enriches child, family and community development.

Location:

City of North Vancouver Library
120 West 14th Street, 3rd Floor
North Vancouver, BC

For More Information Call:

604-988-5281 ext: 350 Marianne (Lactation Consultant)
604-986-9311 (Program Manager)

Email: family@familyservices.bc.ca

Website: www.familyservices.bc.ca



For current schedules: Check our website under quick links on the homepage.



I hope family centre

Breastfeeding & Postpartum Group

Breastfeeding. Learning makes it
Natural*



Caring for our Community

Welcome

Sharing Our *drop-in* group is open to all parents, single or partnered. Participants are diverse, share a varied knowledge and experience and meet to support each other in the busy work of parenting young children and finding success in breastfeeding. Together, we problem solve challenges, discuss interesting topics and enjoy social time.

Learning While there is no set time limit on how long it takes to learn to breastfeed, it seems to take about six weeks for it to feel more natural and comfortable. It is also during the first six weeks that many common challenges arise. Knowing that *it will get better, and that there will be a point at which breastfeeding will happen naturally*, is a big source of comfort to many women. *

Did You Know That Breastfeeding...

- **Reduces the risk of** infections (respiratory, gastrointestinal and others), and chronic conditions (diabetes, heart disease, obesity, and some cancers).
- **Promotes** the child's growth and development, metabolism and intestinal health, immune system, IQ and dental health.
- **Positively impacts** the mother's general health, increases bone strength and reduces risk of breast and ovarian cancer.

*Source www.first6weeks.novascotia.ca

Topics

Breastfeeding

- Effective latch and sufficient milk
- Healthy growth and development
- Introducing solids
- Weaning – mom and/or baby-led
- Challenges

Life with Baby

- Postpartum adjustment, baby blues
- Night time parenting and sleeping
- Nutrition for moms and families
- Working/studying and breastfeeding
- Sexuality and contraception

At Group You Can

- Talk with other parents
- Talk 1 – 1 with a Certified Lactation Consultant
- Weigh your baby

Facilitated by a Board Certified Lactation Consultant and supported by Family Resource Centre staff.

Staff and Resources

I hope family centre staff

- Early Childhood Educators
- Certified Family Resource Support Workers
- Community Developers
- Certified Parent Educators
- Family Support Counsellors
- Certified Lactation Consultant
- Bilingual Staff (French/English)

Group Date/Time

Thursdays

10:00 a.m. to 12:00 p.m.

Drop-in, Cost-free

