



Family Services of the North Shore Breastfeeding and Postpartum Group



INVITATION To Pregnant and Postpartum Women

Join us at
Breastfeeding & Postpartum Group
I hope family centre
101-255 West 1st Street
North Vancouver

Thursdays
10 am – 12 pm
Drop-in anytime, no cost

For more information, call Marianne
604-929-2921.

We are a group of

- wonderful, resourceful women
- multi-cultural
- all ages, single and partnered

What we do

- problem-solve challenges
- discuss interesting topics
- enjoy some social time

You can

- talk with other women
- talk 1-1 with the Lactation Consultant
- weigh your baby

Topics include:

Breastfeeding

- Effective latch and sufficient milk
- Healthy growth and development
- Introducing solids
- Weaning – mom &/or baby-led
- Challenges (none too small/ large...)

Life with baby

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

Did You Know

Breastfeeding prevents

- infections (respiratory, gastrointestinal and others)
- chronic conditions (diabetes, heart disease, obesity and some cancers)

Breastfeeding promotes the child's

- growth and development
- metabolism and intestinal health
- immune system
- IQ
- dental health

Breastfeeding promotes the mother's

- general health
- bone strength
- protection from breast and ovarian cancer

Breastfeeding is the greatest gift a mother can give her child.

Communities that support breastfeeding make a real difference.

We are grateful for funding from: Anonymous Foundation, Capilano Lions Club, CKNW Orphan's Fund, Spectra Energy, Five Anonymous Families, Family Resource Programs of BC, Public Health Agency of Canada (CAPC), Mount Seymour Lions Club, North Vancouver School District #44

We recognize the continuing contribution of the City of North Vancouver, District of North Vancouver and District of West Vancouver



A United Way Member Agency

