

# 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 1<sup>st</sup> 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: Public Health Agency of Canada (CAPC), Young Foundation, Family Resource Programs of BC

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

