

We Cordially Invite Expectant Couples &  
Mothers of Newborn for  
Free Prenatal Breast-Feeding Class  
On The Occasion of  
**WORLD BREAST FEEDING WEEK**



(1<sup>st</sup> Aug – 7<sup>th</sup> Aug 2019)

Date : 3<sup>th</sup> August, 2019 | Time : 10:00 am - 12:00 pm  
Venue : Auditorium, Basement Level II

**For registration call : 91520 52023**

**PROGRAMME SCHEDULE**

Time (am to pm)	Topic	Speaker
09:30 - 10:00	Registration	
10:00 - 11:45	<p><b>Preparing To Breast Feed</b></p> <ul style="list-style-type: none"> <li>• Importance of Colostrum</li> <li>• Benefits of breast feeding</li> <li>• Importance of skin to Skin contact</li> <li>• Effective Positioning</li> <li>• Latch Techniques</li> <li>• Hunger cues</li> <li>• Breast feeding Problems &amp; Solutions</li> <li>• Expressing &amp; storage of Breast milk</li> <li>• Myths about Breastfeeding</li> </ul>	<p><b>Dr. Jui Shinde Patil,</b> BDS, CLE, CCCE Lactation Counsellor</p>
11:45 - 12:00	Questionnaire Session	