

Course Descriptions

Custom programs for specific groups or needs are available.

Prenatal

Title	Description	Length
Before baby: planning to breastfeed	Introductory breastfeeding course, covers how breasts make milk, what to expect in the first few days, how birth impacts breastfeeding and creating a personal place for success.	75 minutes
Before baby: planning to breastfeed again	For subsequent pregnancies where breastfeeding was challenging - covers same as basic course with specific troubleshooting of breastfeeding discontinuation	75-90 minutes
Before baby: planning to breastfeed with challenges	For parents who expect to have specific difficulties following birth. Discuss basic breastfeeding management as well as some of the things that families with an illness or other challenge need to plan for.	90 minutes

Prenatal classes should be capped at 20 participants, except for challenges which should be capped at 10. Please note classes are BFI-compliant - there is no group teaching of bottle-feeding or artificial feeding.

Family Classes

Before baby: being a breastfeeding family	Basic breastfeeding course specifically for the non-breastfeeding partner and support people. Focus on the special contribution of fathers and family and meeting mom's needs in the postpartum period.	60 minutes
---	---	------------

Family classes should be capped at 20 participants and may be mixed partners & support people or targeted to a specific group (ie: grandmothers).

Mom & Baby

Title	Description	Length
Breastfeeding Boot Camp	You're in the thick of it, breastfeeding a new baby and trying to figure out how to make it work so you can both enjoy the benefits of breastfeeding and the early months of motherhood. Tips and tricks for right now as well as planning ahead for what the next few months may bring.	60 minutes
Support Group	Weekly group, run for 4-6 weeks consecutively, covering benefits of breastfeeding, challenges of breastfeeding, managing a household with a new baby and introducing solids.	60 minutes per session (total 4-6 hours)
Complementary Foods & Weaning	Introducing solids can be feel daunting, especially if you've just gotten the hang of breastfeeding! In this session, we review the signs of readiness for solids, what first foods might be and what approaches a family can take to baby's introduction to the family table.	75 minutes
Back to work/school	Heading back to work or school while breastfeeding your baby or toddler? This workshop discusses the different challenges you may encounter at various ages as well as those that are universale. Weaning, pumping, milk storage and managing day care as well as handling new routines are reviewed.	60 minutes
Breastfeeding & Fertility	Whether you trying to avoid or achieve pregnancy, breastfeeding can be an unpredictable factor. We discuss some of the basics of breastfeeding and fertility, how to achieve your goals while maintaining breastfeeding as well as nursing through pregnancy and beyond.	60 minutes

Mom & Baby classes should be limited to a maximum of 15 participants (and their babies). The support group should include a minimum of 7 registered participants.

General Information

All classes are taught by an IBCLC, with training in clinical breastfeeding management as well as counseling skills. Classes are taught in English.

Each class includes handouts for each participant (low- and high-literacy versions are available) as well as referral to appropriate resources in the community. Additional handouts, attendance monitoring and/or participation certificates are available upon request.

Classroom space is the responsibility of the organizer and should allow for comfortable circular seating, a screen/projector and sufficient space to "park" strollers.