Prenatal Breastfeeding Classes
with experienced peer La Leche League Leaders
through co-operative action with community health partners

Why?

• "Mothers in the community have no confidence about their milk supply"
  Winnie, Family home visitor, Parents for Better Beginnings

• "Women at the mother to mother meetings kept saying: 'I wish my partner could hear this. Then he would understand.' …we needed a way to prepare support people too."
  Denise, LLL Leader

"We have a lot more women attending peer support groups in the daytime. But they're coming after already going through the toughest first weeks! Mothers prefer mornings. But pregnant women at work during the day can't come."
Catherine LLL Leader

Populations needing Support:
• Newcomers
• Aboriginal women
• Younger mothers
• First time parents

Community Breastfeeding Projects
With the Best Start Resource Centre
Partnering with health professionals

- **2014/15** Parents for Better Beginnings
  Regent Park Community Health Centre, Toronto Birth Centre & Seventh Generation Midwives Toronto

- **2015/16**
  York Region Public Health, Ontario Early Years Centres, Welcome Centre
  Family Care Midwives Vaughan 2013- 2016

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**La Leche League Canada**

Breastfeeding knowledge, support and community

一切為了寶寶

產前母乳餵養課, 帮助準媽媽及其伴侶做好準備並提供輔導。

您懷孕了嗎？您想了解有關成功哺乳的知識嗎？

加拿大國際母乳會（La Leche League Canada）為您和您的伴侶提供產前哺乳課程，由經

全國認證的加拿大國際母乳會的哺乳輔導員（母乳喂養指導人士）授課。

2015年的粵語課程安排：

<table>
<thead>
<tr>
<th>日期</th>
<th>時間</th>
<th>地點</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015年6月6日, 星期六</td>
<td>上午10:30 至下午1:00</td>
<td>万錦授課地址: Welcome Centre South 2770 Kennedy Road, Hollywood Square, Markham</td>
</tr>
<tr>
<td>2015年7月23日, 星期四</td>
<td>晚上7:00 至9:30</td>
<td>列治文山授課地址: Ontario Early Years Centre Oakridges 10610 Bayview Avenue, Unit 9, Richmond Hill</td>
</tr>
<tr>
<td>2015年9月19日, 星期六</td>
<td>上午9:30 至中午12:00</td>
<td>万錦授課地址: Ontario Early Years Markham 3990 14th Avenue Markham</td>
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</tbody>
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我們將探討哪些內容？

- 母乳喂養對母嬰的益處
- 避免與克服困難
- 找到最佳姿勢, 讓寶寶更好地銜乳
- 適應母乳喂養寶寶的生活
- 母乳喂養的寶寶的正常行為

此課程將免費提供, 但需要您提前註冊。如需註冊列治文山的課程, 請致電905-252-5447  
或發送郵件至LLLNewmarket@rogers.com 聯絡Denise。

如果想報名萬錦的課程, 請致電905-409-6482 或發送郵件至LLLMarkham@gmail.com 聯絡Anita。

LLLC的使命

2014/15 Toronto: Regent Park

- October series
- February series

Series of 3 weekly classes, 1-1.5hr long

2015/16 York Region: Newmarket, Markham, Richmond Hill, King City, Keswick, Maple

One time classes- 2.5-3 hours long, 10 sessions total

- Markham: 4 classes (English, Mandarin, Cantonese)
- OEYC Richmond Hill: 1 class (Cantonese)
- OEYC King: 2 classes
- Keswick: 2 classes
- Maple: 1 class (Russian)
Class Format:
- Adult learning
- Evidence based/Learned experiences
- Live mom (dad) and baby testimony
- Tangible visual aids
- Demonstration/hands-on
- Language interpretation

- Discussion of Listed “problems/solutions”
- Written materials + translations
WHAT do we need for the actual class?

- Videos
- Visual Aids
  - Baseball, ping pong ball, marble. Different size stones to demonstrate stomach size. Cloth or knitted breast
- Handout material
- Demonstration baby doll
- Duplo blocks to demonstrate “building blocks” of breast milk vs formula
- Posters – skin to skin, Baby’s first week
- A/V equipment – projectors, laptops, TV’s
- Flip charts

Evaluation

100% of respondents identified topics covered as either helpful or very helpful. The following topics were identified as “very informative/helpful” (the highest score possible):

- How breastfeeding works – 58%
- Importance of breastfeeding – 74%
- Latching & positioning – 89%
- Getting enough milk – 68%
- Avoiding & overcoming difficulties – 58%
- What to expect in 1st week – 79%
- How & where to get support – 79%

Most mentioned these “new things” they learned in the class:
- Babies’ “second night.”
- Need for skin to skin holding.
- The size of a newborn’s stomach.
- Babies will nurse frequently.
- Colostrum is enough.

“You forget you need to know what happens after the baby is born. The class helped both Shannon and me because we found out challenges are normal. We didn’t go in totally blind.”

Monica

“I found the class very real. It was great to speak and learn from real situations.”

Julie
Capacity building
2015
Leader Education day Session: Providing B4B Prenatal Breastfeeding Classes
2016:
An increase in # LLLC Leaders providing distinct prenatal breastfeeding classes

New Leaders in LLLC - Central and Southern Ontario

Thank You……

Questions?

www.LLLC.ca