

**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

---

---

---

---

---

---

---

---

---

---

---

---



**La Leche League Canada**  
Breastfeeding knowledge, support and community

產前母乳願書課，幫助準媽媽及其伴侶做好準備並提供輔導。

**您懷孕了嗎？您想了解更多成功的知識嗎？**

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 (母乳哺育指導人士) 授課。

2015年的粵語課程安排：

日期	時間	地點
2015年6月6日，星期六	上午10:30至下午1:00	東區社區中心：Welcome Centre 2770 Kennedy Road, Richmond Hill
2015年7月23日，星期四	晚上7:00至9:30	烈治文山社區中心：Ontario East Oakridge 10610 Bayview Avenue, Unit 9, Richmond Hill
2015年9月19日，星期六	上午9:30至中午12:00	東區社區中心：Ontario Early Years 3960 14 <sup>th</sup> Avenue Markham

**我們將討論哪些內容？**

- 母乳哺育對母親的益處
- 確保充足母乳供應
- 找到最佳姿勢，讓寶寶更好地吮乳
- 適應母乳哺育寶貴的生活
- 母乳哺育的寶貴的正常行為

此課程免費提供，但需交報名註冊費。如閣下想參加中文的課程，請我電905-709-2222或寄郵件至 [LLCNewmarket@llcusa.com](mailto:LLCNewmarket@llcusa.com) 聯絡 Denise。如閣下想參加粵語的課程，請我或寄郵件至 [LLCMarkham@gmail.com](mailto:LLCMarkham@gmail.com) 聯絡 Anita。

LLL.C 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 weeks
- ▶ 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.LLCC.ca](http://www.LLCC.ca)

---

---

---

---

---

---

---

---