

BREASTFEEDING SUPER-CLASS

Monday 5th of June 2017

Kspace has supported mothers through the many stages of parenting for over 15 years and now we invite our wonderful guest speaker, Zoe Akiko, to help guide you towards success feeding your baby.

Zoe is a Registered Midwife (Australia), Internationally Recognised Lactation Consultant (IBCLC), Childbirth Educator, Early Childhood Educator and proud mother to two lovely children. She has extensive hands-on experience and knowledge of birthing and childcare in Japan and overseas, and aims to bring mothers together to laugh & learn via this short workshop.



Content

Despite the flood of information mothers are surrounded by, many women simply feel overwhelmed or isolated when faced with the reality of breastfeeding. In this 90 minute workshop you will:

- Explore breastfeeding in a fun and supportive environment while learning about the magic that is breast milk!
- Maximise breastfeeding success with important tips about feeding during those early weeks of newborn life
- Gain knowledge of how to position and attach your baby
- Learn how to recognise if your baby is 'getting enough milk'
- Cover how to facilitate milk transfer, minimise breastfeeding issues and troubleshoot when necessary
- Learn the ins and outs of expressing, milk storage and different feeding methods
- Discover how to interpret newborn behaviour and enhance early parent child interaction

Details

Date: Monday 5th of June 2017

Length: 90 mins

Time: 10.00am to 11.30am

Language of Delivery: English

For: *Expectant mothers/new mothers

Equipment needed: Please bring your own blanket/cushion if this will make you feel more comfortable. Kspace has gym mats and soft flooring.

Refreshments: Drinks provided for mothers.

Fee: *3,000 yen

Open to members and non-members. Please pay in advance. There are no refunds or services offered in lieu for non-attendance for any reason.

Childcare: Children aged 14 months to 4 years can apply for 90 minutes of creche care. Places offered on a discretionary basis @ 2,000yen per child. Please contact us in advance for more information.

*This course is for ladies only.

If you would like to attend other courses/bring a partner, please join us for:

- Active Birth Workshop on July 2nd

- Emergency First Aid courses: www.kspacetokyo.org/main/parent-child/parent-workshops.php

BOOKING

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