



Queen's
UNIVERSITY

Family
Medicine



Monthly Prenatal Workshops

**Breastfeeding 101
What you need to know!**

**Preparing for Baby
&
Care of the Newborn**

Third Wednesday of every month (alternating topics)

**QUEEN'S
FAMILY
HEALTH TEAM**

115 Clarence St.
Haynes Hall
Seminar Room
6:30 – 8 p.m.

TOPICS:

Preparing to breastfeed: Tips for success
Shopping for baby: What do you really need?
Normal newborn behaviours
Caring for baby: Bathing, dressing, sleep

Facilitated by Liz Hughson, RN, IBCLC
Open to the community.

To register, email: dfm-qfhtinfo@queensu.ca