

Breastfeeding Starts in Pregnancy

Speak to your Health Care Provider about:



- 8 weeks:** Plans for feeding your baby
- 12 weeks:** Questions about breastfeeding
- 16 weeks:** The importance of breastfeeding
- 20 weeks:** Prenatal breastfeeding education
- 24 weeks:** Supports while breastfeeding
- 28 weeks:** The importance of skin-to-skin contact
- 30 weeks:** Keeping your baby close in the early weeks
- 32 weeks:** Avoiding pacifiers and bottles
- 34 weeks:** How much and how often to breastfeed
- 36 weeks:** How to hand express breast milk
- 38 weeks:** Community breastfeeding supports
- 40 weeks:** Reviewing your feeding plans

For more information, visit:

www.cmnrp.ca/resources/breastfeeding



CHAMPLAIN MATERNAL NEWBORN REGIONAL PROGRAM
PROGRAMME RÉGIONAL DES SOINS À LA MÈRE
ET AU NOUVEAU-NÉ DE CHAMPLAIN