



The Breastfeeding Class is...

- A **FREE** 2 hour class taught by public health nurses with specialized training in breastfeeding
- For first-time moms who want to learn more about breastfeeding
- For moms who had breastfeeding concerns with previous children
- A supportive place to meet other expectant parents and openly discuss healthy choices for you and your baby

Classes Offered:

Various days and evenings
from Monday to Saturday

To sign-up, call your local
Public Health Unit
(phone numbers on reverse)

Bring a support person if you can!

Brought to you by Public Health and
Maternal Infant Child and Youth Programs.
bestbeginnings.fraserhealth.ca

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Bring a support person if you can!

Local Public Health Units

Abbotsford:

#104 34194 Marshall Rd | 604.864.3400

Agassiz:

7243 Pioneer Ave | 604.793.7160

Burnaby:

#300 4946 Canada Way | 604.918.7605

Chilliwack:

45470 Menholm Rd | 604.702.4900

Delta – North:

11245 84 Ave | 604.507.5400

Delta – South:

10000 100 St | 604.952.3550

Hope:

444 Park St | 604.860.7630

Langley:

20389 Fraser Hwy | 604.539.2900

Maple Ridge:

#400 22470 Dewdney Trunk Rd | 604.476.7000

Mission:

1st Floor 7298 Hurd Street | 604.814.5500

New Westminster:

#218 610 Sixth St | 604.777.6740

Surrey – Cloverdale:

#205 17700 56 Ave | 604.575.5100

Surrey – Guildford:

10233 153 St | 604.587.4750

Surrey – Newton:

#200 7337 137 St | 604.592.2000

Surrey – North:

10362 King George Blvd | 604.587.7900

Tri-Cities:

#200 205 Newport Dr | 604.949.7200

White Rock/South Surrey:

15476 Vine Ave | 604.542.4000

Catalogue # 256737 (September 2020) | spryberry.co
To order: patienteduc@fraserhealth.ca

Best for a healthy future BEGINNINGS

• A Public Health Program •



Breastfeeding Classes for Pregnant Moms

FREE Breastfeeding Class
Bring a Support Person if You Can!

 **fraserhealth**



Best For Babies

Breastfeeding:

- Is human milk for human babies
- Helps protect against childhood diabetes and obesity
- Helps protect against ear, chest and stomach infections
- Helps to protect against Sudden Infant Death Syndrome (SIDS)
- Helps prevent tooth decay
- Helps prevent constipation
- May lead to higher IQ scores



Best For Mothers

Breastfeeding:

- Promotes closeness and bonding of mother and baby
- Helps the uterus return to normal size after birth
- Helps control bleeding after birth
- Helps protect against breast cancer and ovarian cancer
- Helps with weight loss after birth



Best For Families

Breastfeeding:

- Saves money
- Saves time (after initial learning stage)
- Can be done anywhere, anytime
- Does not produce any garbage



Breastmilk Facts:

- Contains mom's protection against diseases
- Colostrum (the first milk) coats and protects baby's gut
- Is exactly what your baby needs for growth and development!

respect • caring • trust