

Lets Talk about Breastfeeding!

Pregnant? Breastfeeding?
Need more information?
Want to meet other breastfeeding mums?

Feel free to drop in to our relaxed, informal discussions conducted by
a
qualified breastfeeding specialist

Differences between formula and breast milk

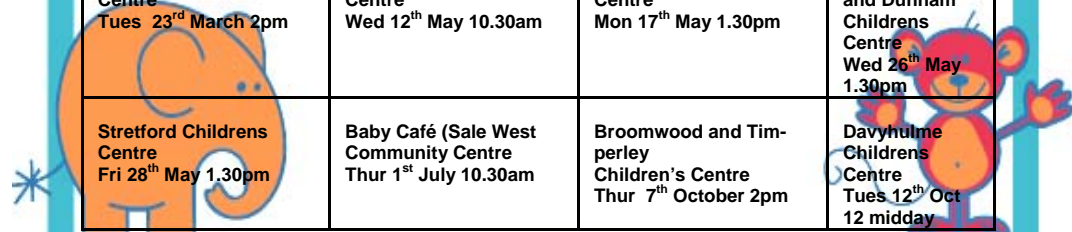
Partington Childrens Centre Wed 10 th March 10.30am	Firwood Childrens Centre Mon15 th March 1.30pm	Stretford Childrens Centre Fri 19 th March 1.30pm	Broadheath and Dunham Childrens Centre Wed 24 th March 1.30pm
Baby Café (Sale West Community Centre) Thurs 6 th May 10.30am	Broomwood and Timperley Childrens Centre Thurs 5 th Aug 2pm	Davyhulme Childrens Centre Tues 10 th Aug 12 midday	Sale Moor Childrens Centre Tues 26 th Oct 2pm

Preparation for Breastfeeding

Partington Childrens Centre Wed 14 th April 10.30am	Firwood Childrens Centre Mon19 th April 1.30pm	Broadheath and Dunham Childrens Centre Wed 28 th April 1.30pm	Stretford Childrens Centre Friday 23 rd April 1.30pm
Baby Café (Sale West Community Centre) Thurs 3 rd June 10.30am	Broomwood and Timperley Childrens Centre Thurs 2 nd Sept 2pm	Davyhulme Childrens Centre Tues 14 th Sept 12midday	Sale Moor Childrens Centre Tues 23 rd Nov 2pm

Understanding baby's feeding Cues / feeding patterns

Sale Moor Childrens Centre Tues 23 rd March 2pm	Partington Childrens Centre Wed 12 th May 10.30am	Firwood Childrens Centre Mon 17 th May 1.30pm	Broadheath and Dunham Childrens Centre Wed 26 th May 1.30pm
Stretford Childrens Centre Fri 28 th May 1.30pm	Baby Café (Sale West Community Centre) Thur 1 st July 10.30am	Broomwood and Timperley Childrens Centre Thur 7 th October 2pm	Davyhulme Childrens Centre Tues 12 th Oct 12 midday



Early Days/ weeks with a breastfed baby

Sale Moor Childrens Centre Tues 27 th April 2pm	Partington Childrens Centre Wed 9 th June 10.30am	Firswood Childrens Centre Mon 21 st June 1.30pm	Broadheath and Dunham Childrens Centre Wed 23 rd June 1.30pm
Stretford Childrens Centre Fri 25 th June 1.30pm	Baby Café (Sale West Community Centre Thurs 5 th Aug 10.30am	Broomwood/ Timperley Childrens Centre Thurs 4 th Nov 2pm	Davyhulme Childrens Centre Tues 9 th Nov 12 mid-day

Avoiding and overcoming common breastfeeding hurdles

Broomwood/ Timperley Childrens Centre Thurs 4 th March 2pm	Davyhulme Childrens Centre Tue 9 th March 12 mid-day	Sale Moor Childrens Centre Tue 25 th May 2pm	Firswood Childrens Centre Mon 19 th July 1.30pm
Stretford Childrens Centre Fri 23 rd July 1.30pm	Broadheath and Dunham Childrens Centre Wed 28 th July 1.30pm	Partington Childrens Centre Wed 11 th August 10.30am	Baby Café (Sale West Community Centre Thurs 2 nd Sept 10.30am

Breastfeeding and diet, medications, alcohol (Safe limits) and exercise

Broomwood/ Timperley Childrens Centre Thurs 1 st April 2pm	Davyhulme Childrens Centre Tues 13 th April 12.30pm	Sale Moor Childrens Centre Tues 22 nd June 2pm	Firswood Childrens Centre Mon 16 th August 1.30pm
Stretford Childrens Centre Fri 27 th August 1.30pm	Broadheath and Dunham Childrens Centre Wed 25 th August 1.30pm	Partington Childrens Centre Wed 8 th Sept 10.30am	Baby Café (Sale West Community Centre Thurs 7 th Oct 10.30am

Exclusive breastfeeding and starting solids

Broomwood/ Timperley Childrens Centre Thurs 6 th May 2pm	Davyhulme Childrens Centre Tues 11 th May 12.30pm	Sale Moor Childrens Centre Tues 27 th July 2pm	Firswood Childrens Centre Mon 20 th Sept 1.30pm
Broadheath and Dunham Childrens Centre Wed 22 nd Sept 1.30pm	Stretford Childrens Centre Fri 24 th Sept 1.30pm	Partington Childrens Centre Wed 13 th Oct 10.30am	Baby Café (Sale West Community Centre Thurs 4 th Nov 10.30am

Returning to work, expressing and storing

Baby Café (Sale West Community Centre Thurs 4 th March 10.30am	Broomwood/ Timperley Childrens Centre Thurs 3 rd June 2pm	Davyhulme Childrens Centre Tues 8 th June 12.30pm	Sale Moor Childrens Centre Tues 24 th August 2pm
Firswood Childrens Centre Mon 18 th Oct 1.30pm	Stretford Childrens Centre Frid 22 nd Oct 1.30pm	Broadheath and Dunham Childrens Centre Wed 27 th Oct 1.30pm	Partington Childrens Centre Wed 10 th Nov 10.30am

Weaning from the Breast

Baby Café (Sale West Community Centre Thurs 1 st April 10.30am	Broomwood/ Timperley Childrens Centre Thurs 1 st July 2pm	Davyhulme Childrens Centre Tues 13 th July 12.30pm	Sale Moor Childrens Centre Tues 28 th Sept 2pm
Firswood Childrens Centre Mon 15 th Nov 1.30pm	Broadheath and Dunham Childrens Centre Wed 24 th Nov 1.30pm	Stretford Childrens Centre Fri 26 th Nov 1.30pm	Partington Childrens Centre Wed 8 th Dec 10.30am

