



Are you Ready for Delivery? Just ask about it...

Clemenceau medical center Beirut offers prenatal breastfeeding session; every last Tuesday of each month live/online through Teams.

The session is animated by professional health care provider: registered midwives, lactation specialist.

Our aim is to provide future parents with an overall theoretical directive on how to embrace the “breastfeeding journey”, a beautiful rewarding journey though sometimes challenging.

The session lasts for approximately 2 hours, and it is **Free of Charge!!!**

Dear future parents, the more you learn about breastfeeding, the more realistic your expectation will be.

The major contents of this educational session are:

- Benefits of breastfeeding for mother & infant.
- Importance of early initiation of breastfeeding.
- Importance of skin-to-skin contact.
- Importance of rooming-in & baby-led feeding.
- Different breastfeeding positions & proper latching.
- Hunger Cues & Satiation Signs/Baby Stomach Capacity.
- Maternal Diet & Breastfeeding.
- Breastfeeding most common challenges (COVID-19).
- Breastfeeding when returning to work.
- Disadvantages of the usage of pacifiers & bottles.
- Disadvantages of formula feeding.

