



Information sessions

Breastfeeding

Antenatal breastfeeding sessions are held regularly at Nepean Hospital.

Sessions cover breastfeeding advice, including tips, demonstrations and what to expect including:

- How to breastfeed
- Your first breastfeed
- Responding to your baby's feeding cues
- How to know if your baby is getting enough milk
- Antenatal expressing
- Where to get help if you need

Support persons welcome to attend.

Bookings can be made through the Antenatal Clinic in person or by calling 4734 2373.

Classes held at Nepean Hospital, Level 3, Building D.

For a personalised consultation:

Sarah McSpadden

Infant Feeding Consultant

4734 2373 or 0434 605 428

