

Breastfeeding Support Group

母乳餵哺支援小組



Breastfeeding Support Group

Our Nursery provides mothers with guidance on breastfeeding after delivery, but mothers may not be able to grasp the techniques of breastfeeding during their short stay in hospital. Mothers may encounter various kinds of breastfeeding problems and many give up breastfeeding for the lack of proper support. Though there is ample information or books on this subject, there is gap between theory and practice.

In order to support lactating mothers effectively, we formed a Breastfeeding Support Group which is led by our International Lactation Consultants and nurse specialists. It includes seminars on specific breastfeeding topics and sharing on breastfeeding experience by participants. Moreover, our nurse specialists will assess participants' breastfeeding process.

This group meets in the afternoon every Saturday, beginners and experienced parents are all welcome.

Date of the month	Topics
1st Sat	How to increase breast milk production
2nd Sat	Breast engorgement, blocked milk duct and mastitis
3rd Sat	How to continue breastfeeding upon returning to work
4th/ 5th Sat	Dietary practice for breastfeeding mothers

There is no fear in love. Instead, perfect love drives fear away.

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Venue: Paediatric and Adolescent Centre,

3/F, Block B, Hong Kong Baptist Hospital

Time: 2:30pm-3:30pm, every Saturday

Target: Babies born in HKBH (0 - 6 months old) and their parents



Remarks:

1. Maximum number of participants per family is 3 (including baby).
2. The gathering will be cancelled if Saturday falls on public holiday.
3. The gathering will be cancelled if the red/black rain storm signal or the no.8 typhoon signal is hoisted 3 hours before the gathering.

The gathering will carry on as usual if the red/black rain storm signal is cancelled or the typhoon signal is changed to no.3 or lower three hours before the gathering begins. Nevertheless, participants should assess their own situation when deciding whether or not they would attend.

For enquiry or booking, please call our Nursery at 2339 8754.



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