

Learn about feeding your baby in pregnancy-its the best time to learn!



### Learn while you are pregnant



Sometimes we think of breastfeeding as something we learn after baby has arrived, but we know that families who learn about it in pregnancy have an easier time breastfeeding once baby has come. More Milk Sooner is a Saskatchewan based website with two different prenatal feeding classes-one on YouTube and one on TikTok

### If possible, practice prenatal hand expression, colostrum collection

Prenatal hand expression is using your hands to get colostrum out of your breasts at the end of pregnancy. This allows you to practice getting milk from your breasts, in the comfort of your home and super charges your milk supply so you have more milk sooner after birth. There are some medical conditions that make it so families cannot do this, so talk to your doctor. Watch this video to learn more!



### Feed baby early after birth



Feeding baby and making sure your breasts are stimulated in the first hour after birth helps you have an easier time getting a great milk supply and gets your baby off to a great start! Watch this video!!!

### Feed baby often in the first 3 days

Watch this video to learn how often to feed baby in the first 3 days!



# More Helpful Videos!!



## Learn how to latch your baby



Getting a "good latch" is important for your comfort and baby getting lots of milk. Learn how here!

## Learn how to hand express/spoon feed your baby

Often babies need help learning to feed. Watch this video to learn how to hand express. It's an important tool for prenatal hand expression and for helping your baby eat after birth.



## For premie families-just in case



Just in case your baby comes early! For NICU babies breastmilk is a medicine that helps them fight off infections! Learn how to get a great milk supply so your baby can have this gift!!!

## Information on infant formula

You should not feel that you will need to use formula if you plan to breastfeed but every parent needs to know where to get safe information if needed.

