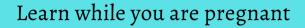
Learn about feeding your baby in pregnancy-its the best time to learn!

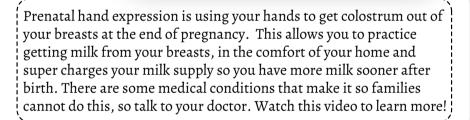






Sometimes we think of breastfeeding as something we learn after baby has arrived, but we know that families who learn about it in pregnancy have an easier time breastfeeding once baby has come. More Milk Sooner is a Saskatchewan based website with two different prenatal feeding classes-one on YouTube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

If possible, practice prenatal hand expression, colostrum collection





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!



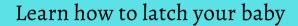


moremilksooner.com



More Helpful Videos!!

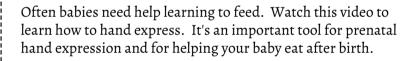






Getting a "good latch" is important for your comfort and baby getting lots of milk. Learn how here!

Learn how to hand express/spoon feed your baby





For preemie 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.





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