Breastfeeding Workshop Details

BMSG(S) conducts the following 4 workshop topics regularly. “Participants are encouraged to share their concerns and queries for discussions in all these workshops.”Name of WorkshopDescription Breastfeeding 101 - Being PreparedThis workshop covers the benefits of breastfeeding to the baby and mother, how milk is produced and how baby gets breast milk. We will share on the physical, mental and emotional preparations for breastfeeding as well as the important role of support within the family and community. A father shares on how to support his wife. The Critical First Weeks - Managing it wellWhat are the key factors to successful breastfeeding? Much depends on managing the demand and supply in the first weeks as well as the role of proper latching techniques and continued support. Find out what you need to do in the early weeks to enjoy a good supply of milk. Challenges to Breastfeeding - Working it out Some moms breeze through breastfeeding whilst others face challenges for which we will share the ways to prevent them and what to do should they happen. This covers potential problems mothers may encounter and ways to prevent it. Topics include: engorgement, blocked ducts, inverted nipples, medication during breastfeeding, sore or cracked nipples, maternal illness while nursing, newborn jaundice, thrush, mastitis, breastfeeding twins (if required), and more. Weaning - When, What & How? You learn the signs to look out for to know whether your baby is ready for semi-solids, what type of semi-solids to introduce, how to introduce and weaning.

Click here to check the schedule of these workshop.