

Infant Feeding Virtual Workshops

Join one of our virtual infant feeding workshops for information on:

- Colostrum/baby's first feed
- Skin to skin
- Baby's feeding cues and tummy capacity
- Responsive feeding
- Breastfeeding:
 - the benefits and why this is recommended
 - positioning and latch
 - how to know if breastfeeding is going well
- Hand expressing
- Formula/bottle feeding:
 - how to safely make up bottles
 - which formula
 - what equipment is needed
- Sterilising equipment



You will also have the opportunity to ask a member of the health visiting team any questions you may have.

To find out next available dates/times and to book on to a session please phone 01908 725 100 or email cnw-tr.0-19adminhub.mk@nhs.net