

# Breastfeeding Classes

**Venue:** Lactation classroom in The Rotunda Hospital

**Date & Time:** Tuesdays 5 pm- 6 pm. Thursdays 6 pm-7.30 pm

**Cost:** No Charge

**Booking:** Early booking is advisable as these sessions are very popular (classes are small)

**Parking:** Parking is available on the grounds of The Rotunda Hospital at a fee of €6

## Complimentary Breastfeeding Workshop

We hold antenatal breastfeeding workshops which aim to give practical tips and advice to women who intend to breastfeed. All women are encouraged to attend this workshop once during pregnancy from 28 weeks onwards. This session is in addition to the parent education classes, which all women are encouraged to attend. Early booking is advisable as these sessions are very popular.

Perfect food – breast milk has all the important ingredients to build the baby's immune system. Breast milk changes from feed to feed to suit each baby's unique needs, making it the perfect food to promote healthy growth and development.

Breast milk is easily digested and allergies to breast milk are rare. Environmentally, breast milk has no waste products and leaves no carbon footprint. Breast milk is FREE, convenient, clean and safe – always available at the right temperature anytime.

## Importance of Breastfeeding for Babies

Less illness and hospitalisations – babies who are breastfed have a lower risk of developing some illnesses including:

- stomach upsets and infections
- allergies
- asthma
- diabetes
- obesity
- respiratory and ear infections
- meningitis
- urinary tract infections

## Importance of Breastfeeding for Mothers

Research shows that breastfeeding has significant health benefits for mothers. These include:

- assisting the uterus (womb) return to its pre-pregnant state faster
- helping women to lose weight after the baby's birth
- reducing the risk of ovarian and pre-menopausal breast cancer
- reducing the risk of osteoporosis
- reducing the risk of mothers with gestational diabetes developing type 2 diabetes
- postponing the resumption of ovulation and menstruation during exclusive breastfeeding