

National Breastfeeding Week 2020

Calendar of Events

Date	Event
Thursday October 1 st	Let's Celebrate Breastfeeding Happy Breastfeeding Week! Post your "brelfie" (breastfeeding selfie) this week on your social media accounts with #ptbobbreastfeeds
Saturday October 3 rd	"Latch On" event on Zoom Be part of a global challenge to have the most babies latched at the same time. Join the zoom event from 10.30am, "Latch On" at 11am. Contact ptbobbreastfeedingcoalition@gmail.com to register and receive a zoom invitation.
Monday October 5 th	Infant Massage Class on Zoom CIMI instructor Mel Neal is offering a FREE virtual infant massage class for parents and babies. This 30 minute session will introduce you to the tools and information you need to communicate with your baby through loving touch. Starts at 11am. Contact Mel at nealclan@nexicom.net to register and receive your zoom invitation.
Tuesday October 6 th	Breastfeeding and Introducing Solids on Zoom Come join the conversation with Registered Dietitian Erica Diamond from Peterborough Public Health, and Community Health Nurse/Lactation Consultant Sharon Fitzgerald from Peterborough Child and Family Centres, and other parents on when, what and how to offer complementary solid foods to your baby to support your breastfeeding goals. Starts at 1pm. Contact sharon.fitzgerald@ptbocfc.ca to register and receive your zoom invitation.
Wednesday October 7 th	Parent and Baby Yoga on Zoom Yoga instructor Sonja Martin is offering a FREE virtual yoga class. This is a gentle, safe, restorative class for parents and babies, focusing on stretches to relieve tightness and tension from nursing, and carrying your wee one. Parents are supported in connecting to their baby using breath work and massage techniques. This 45 minute class is a time to relax, connect with your baby, and practice self-care. The class is suitable for all parents and babies newborn to age two. Starts at 10.30am. Contact Sonja at sonjamartin76@gmail.com to register and receive your zoom invitation.
Thursday October 8 th	Breastfeeding Café on Zoom Drop into this month's La Leche League meeting to chat with other breastfeeding parents and meet some of the members from the Peterborough Breastfeeding Coalition. Starts 7.30pm. Email Mel Neal at nealclan@nexicom.net for details.