



ROCK Early Years Breastfeeding Meet-up

Do you have questions about breastfeeding? Want to meet other breastfeeding moms? Please join us at our “breastfeeding meet-up”! A different topic is discussed at each meet-up followed by a question and answer period.

1st and 3rd Wednesday of each month
1:30 – 3:30 p.m.

Rock Early Years Centre – Cumberland Site
710 Cumberland Ave

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| Sept 5 | Help! I'm Returning to Work and Still Breastfeeding
What to Do? |
| Sept 19 | Breastfeeding and Complimentary Feeding
(Starting Solids) |
| Oct 3 | What to do when Breastfeeding Hurts |
| Oct 17 | Closed |
| Nov 7 | Sleep and Your Breastfed Baby |
| Nov 21 | Cannabis, Alcohol and Breastfeeding:
Do They Mix? |
| Dec 5 | Breastfeeding Your Toddler and Beyond |
| Dec 19 | The Holidays and Breastfeeding |
| Jan 2 | Closed |
| Jan 16 | Healthy Nutrition for Mom and Baby |
| Feb 6 | Breastfeeding, Fertility and Sexuality |
| Feb 20 | Breastfeeding and Complimentary Feeding
(Starting Solids) |
| March 6 | So Let's Talk About Weaning |
| March 20 | Closed |
| April 3 | Breastfeeding Challenges as Your Baby Grows |
| April 17 | Sleep and Your Breastfed Baby |
| May 1 | World Maternal Mental Health Day Celebration |
| May 15 | Open Forum – Bring Your Questions |