

# Nurturing your newborn's needs



**Free**

antenatal workshop  
to help Islington  
parents-to-be  
prepare to feed  
and understand  
their new baby

**Various dates,  
times and  
venues**

**Find out what to expect with  
your newborn baby, how to  
respond to their cues and to  
support their developing brain**

How and why to build a close and  
loving relationship with your baby

**Responding to your baby's needs**

The benefits of skin to skin contact with your baby

**Responsive feeding** (*however your baby may be fed*)

How to tell that your baby is getting enough

**Getting breastfeeding off to a good start**

When and how to get help with breastfeeding



**For available dates and to book:**

**scan** the QR code, **call** 020 3316 8439

**find** Breastfeeding Islington on Facebook

**visit** [islington.gov.uk/breastfeeding](http://islington.gov.uk/breastfeeding)

