



YogaMCC
Yoga & Meditation Centre Calgary

The Marda Loop Yoga and Meditation Centre Presents

March 31, 2012 1-2:30pm

\$20 + gst

Breastfeeding:

For Your Baby's Optimum Development

What You Will Learn:

- The biology of the female breast and how milk is produced
- Composition of Human Milk
- Correct position, correct latch and attaching with your newborn
- Nipple and breast care
- What to expect in the early weeks
- Milk supply and common questions
- Sleeping, solids, weight gains and tongue ties
- Attachment parenting
- Neurobiology of your baby's brain and the stress emotion system
- Social supports – La Leche League and others



Your Instructor:

Suzanna Varro is a member of the Marda Loop Yoga and Meditation Centre and is a mother of 5 successfully breastfed babies (including twins).

Suzanna is trained a La Leche League Leader (La Leche League is the WHO recognized authority on Breastfeeding and natural mothering,) and has counselled many women in the art of successfully breastfeeding their babies, both for La Leche League and for the CPOMBA (Calgary chapter of Multiple Births Association).

She is currently completing her degree in Psychology in April, specializing in child development.

Suzanna is also a trained Virtues Project Facilitator, a program of moral character development, and has co-led many parenting groups.