

Free Prenatal Breastfeeding Class

Once a Month
6:30 – 8:30 p.m.
740 Carmi Ave
Penticton

Register:
250 770 3434



COMMUNITY PARTNERS

OK Breastfeeding

www.okanaganbreastfeeding.org

- Breastfeeding Friendly Businesses
- Penticton Breastfeeding Café
Wednesdays 10:00 – 12:00
330 Ellis St., Penticton



La Leche League Penticton

Mother to Mother Support

Denise 250 496 5857

Jeanette 250 492 3522

ONLINE INFO

Baby's Best Chance

www.bestchance.gov.bc.ca

La Leche League

www.lll.ca

Dr. Jack Newman

www.breastfeedinginc.ca

Latching Video

www.ameda.com

Dr. Jane Morton

[www.newborns.stanford.edu/
breastfeeding](http://www.newborns.stanford.edu/breastfeeding)



Interior Health
For your whole life

All About Breastfeeding!



Public Health Maternity Care
Program South Okanagan

250 770 3418

WHY BREASTFEED?

- Your milk has the ideal amounts of everything your baby needs to grow and develop.
- It is custom-made by each mother for her own baby.
- Human milk is easier for your baby to digest.
- Breastmilk fights germs to help stop your baby from getting sick.
- Saves money, time and helps the environment.
- Moms have less breast and ovarian cancer and bones stay stronger.



Essence Photography

NEED HELP?

- Sore nipples or breasts
- Baby's weight
- Latching
- Milk supply
- Feeding concerns

CONTACT US

All South Okanagan Health Centers have nurses available

8:30 a.m.–4:00 p.m.

Monday–Friday

Penticton 250 770 3434

Summerland 250 404 8050

Oliver 250 498 5080

Osoyoos 250 495 6433

Keremeos 250 499 3029

Princeton 250 295 4442

Weekends or holidays,
contact:

Penticton Public Health
Maternity Care Program and

Breastfeeding Clinic

8:30 a.m.–4:00 p.m.

7 days a week

250 770 3418