



# BREASTFEEDING PREPARATION

**Confident & empowered for  
your breastfeeding experience**

**Breast milk optimally nourishes your baby – it's always available, at the right temperature, and provides a feeling of security. In this course, you'll receive in-depth knowledge and practical tips for a relaxed start to breastfeeding. We'll discuss the first hours after birth, latching on, different breastfeeding positions, recognizing hunger cues, and ensuring your baby is well-nourished in the first few weeks. You'll also learn how to avoid or recognize typical initial difficulties and what support options are available.**



**During pregnancy**



**10 am - 1 pm**



**13.02.2026 | 12.06.2026**



**30 €\* for single parents, 40 €\* for couples**



**Familienplanungszentrum**

**BALANCE**

**Konrad-Wolf-Str. 12A  
13055 Berlin**

**This course is designed for expectant parents who want a self-determined and informed breastfeeding experience. There will be time for questions, sharing experiences, and addressing individual concerns.**



\*If you or your partner have a refugee or migrant background and do not have health insurance (yet) or low income conditions, we can also find free options.

## CONTACT & REGISTRATION

**Maria Schneider**

midwife & sex educator  
schneider@fpz-berlin.de

Senatsverwaltung  
für Wissenschaft, Gesundheit,  
Pflege und Gleichstellung

**BERLIN**



Gefördert durch:

Familienplanungszentrum

**BALANCE**