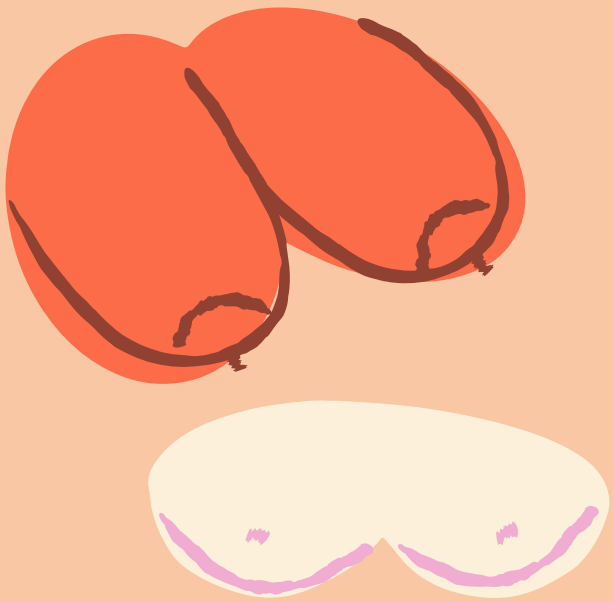

BREASTFEEDING PREPARATION

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 body and anatomy, 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

08.09.2026 | 3 pm - 6pm
18.12.2026 | 10 am - 1pm

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.

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

Familienplanungszentrum

BALANCE

Konrad-Wolf-Str. 12A
13055 Berlin

*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

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Gefördert durch:
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