

# Mamma minds



## Breastfeeding support and information

### Group and private sessions

### 'Breastfeeding with confidence and enjoyment'

This group information session is a thorough introduction to breastfeeding - so that you walk away with more than simply the basics. By working together in a small group, there's plenty of time to ask everything you really want to know. Besides useful and evidence based information, we'll take the chance to actually practice breastfeeding positioning. I'll provide you with clear visual examples, and lots of handy tips and tricks. There's so much more to it than simply (breast)feeding your baby: breastfeeding can be enjoyable for you and baby!



*Besides being lactation consultant IBCLC, Marieke van Luin is also a midwife and counselor. That's why she approaches giving breastfeeding, combining her knowledge and positivity, to experience breastfeeding in the most enjoyable way.*

**Next group session  
29th of March 2017**

**7-9 pm**

**at Familiecentrum  
Scheldestraat 13  
Amsterdam-Zuid**

Subscribe at [mammaminds@gmail.com](mailto:mammaminds@gmail.com)

**Prenatal options :**  
(partner joins in for free)

- **Group session**  
On location, Familiecentrum  
30 euro
- **Private session**  
In the privacy of your own  
home  
47.50 euro
- **'à la Tupperware' session**  
Host a group session at your  
place, with co-pregnant friends  
67,50 euro (1xtra) / 80 euro  
(2xtra) / 90 euro (3xtra) ...

**Any questions? Call me 06—1541 7909**

**SEE FOR DETAILS, POSTNATAL SUPPORT AND OTHER PERSONALISED SESSIONS  
WWW.MAMMA-MINDS.NL**