



SUPPORT GROUP

For Parents who are Expressing / Pumping in Hospital

Are you expressing/pumping milk for your baby?

If yes, then come along and join us every Tuesday for a chat and a cup of tea or coffee.

- ✓ Meet other mothers
- ✓ Receive and share information on expressing and making more milk
- ✓ Troubleshoot any expressing/pumping issues you may

WHEN: Every Tuesday

TIME: Drop-in anytime between 12.45pm – 1.30pm

WHERE: Parents Room, Childrens' Heart Centre, 3rd Floor



*If you or your infant have Covid-19 or symptoms of Covid-19 then please do not attend the group.
Please gel your hand before entering the room and wear a face mask.*