



# 2021 線上粵語 母乳哺育基本知識課程

Kaiser Permanente San Francisco  
健康教育部門

## 粵語 母乳哺育基本知識 (針對參與者 28-36 週)

研究顯示母乳哺育對您和您的嬰兒供許多健康上的益處。在本線上課程中，您將學習如何在對嬰兒哺乳時擺放嬰兒的位置，如何判斷您的嬰兒是否獲得了足夠的乳汁，以及如何防止常見的哺乳不適和挑戰。

**費用：**免費。僅限會員。

**地點：**線上

**日期/時間：**下午 6 點至晚上 8 點

2/16, 4/20, 6/15, 8/17, 10/19, 12/7

**電話：**(415) 833-2239; (415) 833-3450

需要預先登記。日期和時間可能會有變更。



[Kp.org/sanfrancisco/healthed](https://kp.org/sanfrancisco/healthed)

## Cantonese Breastfeeding Basics (For participants 28-36 weeks)

Studies show that breastfeeding offers many health benefits for you and your baby. In this online class, you'll learn how to position your baby for nursing, how to tell if your baby is getting enough milk, and ways to prevent common breastfeeding discomforts and challenges.

**Fee:** No fee. Members only.

**Location:** Online

**Dates/Times:** 6-8pm

2/16, 4/20, 6/15, 8/17, 10/19, 12/7

**Phone:** (415) 833-2239; (415) 833-3450

Pre-registration is required. Dates and times are subject to change.