

The Direction de santé publique  
de la région de la Capitale-Nationale

The Comité en allaitement de  
la région de la Capitale-Nationale

The Comité des organismes  
communautaires d'entraide  
en allaitement de Québec:

Allaitement Québec

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Entraide Naturo-Lait

Mamie-Lait

And Vidéo Femmes

Present

# Becoming Parents... Nursing Baby



Melany and Dave are adjusting to the arrival of their first child. We will accompany them with humour through the day-to-day experiences of being parents, over the first two months of Baby Matthew's life.

This story is an illustration of the experience of parents. Several topics will be addressed, such as:

- The life changes brought about by becoming a parent
- Possible breastfeeding problems and their solutions
- The father's role
- The importance of support from family and friends
- Social pressures and myths

This video is intended as a tool to be used by healthcare workers and volunteers to help support parents.



Order form available at:  
[www.videoallaitement.org](http://www.videoallaitement.org)

*Becoming Parents... Nursing Baby*  
includes discussion guide

VHS and DVD formats available  
in French, dubbed-in-English and  
English-subtitled editions.

Cost: \$75 (\$45 for community groups)



Screenplay and directing by: **Marylise Tremblay** based on  
the short play "Pour goûter au plaisir de l'allaitement..., (A Taste of the Joys  
of Breastfeeding)" by **Bruno Marquis** and **Marylise Tremblay**

Project Managers: **Manon Méthot** and **Nancy Pilote**

Production: **Vidéo Femmes 2003** • Distribution: [www.videoallaitement.org](http://www.videoallaitement.org)

Length: 20 minutes

Production of this document has been made possible  
by a financial contribution from:

Original idea by  
Manon Méthot, IBCLC and Nancy Pilote, IBCLC  
Director **Marylise Tremblay**



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