

Breastfeeding Class

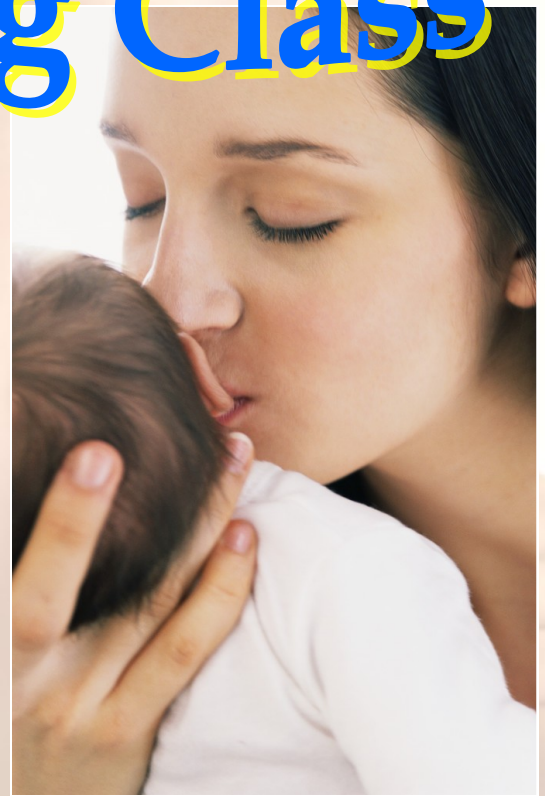
For pregnant women
who are interested in learning
more about breastfeeding.

Breastfeeding Classes will meet from 7-9 p.m.
on Feb 2, Mar 14, Apr 19, May 24, July 26,
Aug 27, Nov 1 and Dec 13 in the MMH
Community Education Room

Taught by Certified Child Birth Educator:

Snow Harper-Moulton, R.N. IBCLC

Please call 769-4249 to reserve your spot.



Breastfeeding Your Baby

There is no greater joy and pride than to be able to nourish your baby with breastfeeding. Breastfeeding is natural, but is a learned skill, and many moms benefit from support and guidance when questions arise as the relationship between mother and child grows at the breast. The instructor can help you get off to the best possible start whether you plan to breastfeed for three months or three years.

Topics covered include:

- ♥ Benefits of breastfeeding for both mom and baby
- ♥ What to expect the first days
- ♥ Breastfeeding basics (latch, positioning, how often, how long, etc.)
- ♥ Avoiding and overcoming common challenges
- ♥ Please bring a pillow and teddy bear or doll.
- ♥ Dads are encourage to join us too!



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