

Prenatal Breastfeeding Workshop



A 3 hour class providing expectant parents with the information they need to get breastfeeding off to a great start.

- What to expect the first 4 weeks
- How to avoid problems
- How to ensure an abundant milk supply
- How to know if baby is getting enough
- When to ask for help
- Community Resources



Nursing Mothers Counsel is a non-profit, non-affiliated group dedicated to supporting the personal breastfeeding goals of all families. We've been helping moms and babies since 1955!

Breastfeeding Class
831-688-3954
www.nursingmothers.org

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WHERE The Santa Cruz Village | 730 Mission Street
Suite 101 | Santa Cruz

WHEN Class repeats the 3rd Saturday of every month,
10:00 am – 1:00 pm.

February 15	August 16
March (NO CLASS)	September 20
April 19	October 18
May 17	November 15
June 21	December 20
July 19	

COST Free of Charge (*suggested donation \$5 - \$20*)

WHO SHOULD COME

First-time expectant parents, or experienced parents who want to refresh their skills. Feel free to invite anyone who will be providing you with postpartum support.

**To register, or for more information, contact:
Nursing Mothers Counsel 831-688-3954**

Classes are fun, practical and interactive. Bring a doll or stuffed animal and several pillows so that we can practice latch and positioning.