



Prenatal Breastfeeding Information and Schedule

This free two-hour class discusses the benefits of breastfeeding for the mother and infant. Topics include skin-to-skin, latch-on, proper positioning for breastfeeding, infant feeding patterns and preventing breastfeeding problems such as engorgement or nipple soreness. Other discussions include pumping and storage for return to work, diet and use of medication while breastfeeding.

Our class is being offered as a hybrid!

To see a full list of meeting dates and times or to register, please visit garnethealth.org/events.

eventbrite.com/e/127902920077

