
BREASTFEEDING BASICS CLASS 2018



Facilitated by: Sylvia J. Boyd, IBCLC, PT, LCCE

Prepare yourself for the experience of breastfeeding your child. **Breastfeeding Basics** covers such topics as how to establish a supply of milk, how often to nurse your baby, and how to tell if your baby is getting enough milk. Common issues about latch-on techniques, jaundice, thrush and sore nipples will also be addressed. We recommend this class for interested women (in their third trimester of pregnancy) and spouses or partners. Classes will be held in the Sherman L. Balch Pavilion Classroom from **7:00pm – 9:00pm**. This class is **Free** to anyone who wishes to attend and pre-registration is required.

Wednesday, January 31, 2018
Wednesday, April 4, 2018
Wednesday, May 30, 2018
Wednesday, July 25, 2018
Wednesday, October 3, 2018
Wednesday, November 21, 2018

For more information, call St. Rose Hospital,
Education & Training Department at 510-264-4044