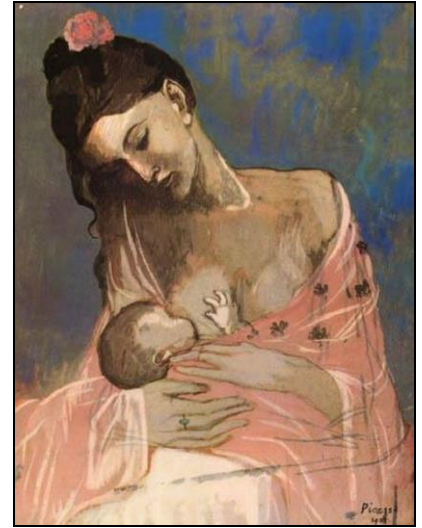

BREASTFEEDING BASICS CLASS 2019

*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 30, 2019
Wednesday, April 3, 2019
Wednesday, May 29, 2019
Wednesday, July 24, 2019
Wednesday, September 25, 2019
Wednesday, November 6, 2018

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