Like any new skill, breastfeeding takes knowledge and practice to be successful. Pregnant women who learn about how to breastfeed are more likely to be successful than those who do not. This class will give you tips, tools and techniques to help you learn about breastfeeding your baby. Taught by our own lactation specialist.

Class discussion includes:

- The critical early weeks of nursing, initiating breastfeeding and establishing a strong milk supply.
- Learn about the first days of feeding, skin-to-skin contact and how to recognize your baby’s hunger cues.
- See and practice different breastfeeding positions and understand several latch techniques.
- Understand signs of success and when to seek additional help.
- Common breastfeeding concerns and practical suggestions to avoid or overcome challenges that may arise are shared.
- Guidance on nursing bras, nursing pillows and other helpful support items is offered.
- Discussion on selecting a breastpump, expressing and storing milk.

Most expectant parents attend this class prior to 36 weeks of pregnancy.

Class length is 2 hours. Registration required. One registration accommodates the expectant mother and her support person, who is encouraged to attend. Spanish class available. Fee $45.