



## Lactation Services

are available  
for all inpatients  
and on an  
outpatient basis  
for the  
community

**908-788-6335**



## BREASTFEEDING CLASS

Is there any reason you won't be breastfeeding?

For many reasons, experts agree that breast is best! But even if you are undecided, this class will give you important information and get all your breastfeeding questions answered! Nursing is easier if you learn about it before your baby arrives. Your partner, who is essential in supporting you, is encouraged to attend as well.

Included...

- How Breastfeeding works
- How to get started... the importance of latch on and positioning
- How to tell if it's going well, and if your baby is getting enough
- Challenges you may encounter... and more!

### 2024 Dates

All classes are Tuesdays, 6:30 p.m. - 9:00 p.m.

January 9th

July 2nd

February 13th

August 6th

March 5th

September 3rd

April 9th

October 8th

May 7th

November 5th

June 4th

December 3rd

Cost: \$55.00 per couple or single

Pre-registration is required

Please call Parenting and Childbirth Education Services at (908) 788-MOMS(6667) if you have any questions.



Hunterdon Health