



BREASTFEEDING CLASS PART II: PUMPS AND PUMPING

Is there any reason you won't be breastfeeding?

"I need a pump? Now what?"

Learn how to make the most out of your pumping experience, and ways to make your return to work as easy as you can! You may attend this class before or after your baby arrives. Babies are welcome at class. Partners are welcome to attend, as well.

Included:

- Navigating all the types of pumps: which is best for you?
- How to get the most out of your pump
- Things to think about when you return to work
- Challenges you may encounter...and more!

2024 Dates

All classes are Tuesdays, 7:00 p.m. - 8:30 p.m.

February 20th

April 16th

June 11th

August 13th

October 22nd

December 10th

Cost: \$40.00 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.**

Lactation Services

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

908-788-6335



Hunterdon Health