



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!

2026 Dates

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

January 13

July 14

February 10

August 4

March 10

September 1

April 14

October 6

May 5

November 3

June 2

December 1

Cost: \$61.00 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