

BREASTFEEDING BASICS

AMAZING NEWBORN

610-584-6111

- All classes are taught by Judy Crouthamel RNC, IBCLC, RLC, who is a nurse and International Board Certified Lactation Consultant.
- Breastfeeding Basics is the name of the course and should be scheduled after the 32nd week of your pregnancy. Topics include: positioning, latch-on techniques, feeding cues of the newborn, growth spurts, nutrition, and common concerns during the first days after birth. Myths concerning breastfeeding, ways to assess if your baby is nursing properly, and that your milk supply is being established and maintained through supply and demand will also be discussed.
- The course is approximately 2 hours long and will include a brief display of nursing products and pumps. (For more in depth coverage of pumping and storing breast milk, please attend one of our pumping classes).
- Cost is \$25 per family and support person attendance is highly encouraged.
- Payment must be made at time of registration.
- All checks should be payable to Amazing Newborn.

FOR QUESTIONS ABOUT THE CLASS, PLEASE CALL 610-584-6111

***Classes are held at Amazing Newborn, 4039 Skippack Pike, Skippack, PA

Class Dates for 2010: Sunday-- February 7th, April 11th, November 21st.

Wednesday-- June 9th, August 11th, October 13th

CLASSES START AT 6PM on Wednesday dates and 10AM on Sunday dates.

*****Circle the date you are attending.**

Mail registration and check to:

Amazing Newborn

4039 Skippack Pike, Box 109

Skippack, PA 19474

Name _____ Due Date _____

Address _____

Phone Number (H) _____ (W) _____

E-Mail _____