



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!

2023 Dates (choose one)

Cost: \$50 per couple or single

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

January 3	July 11
February 7	August 1
March 7	September 5
April 4	October 3
May 2	November 7
June 6	December 5

All classes are held at the Hunterdon Medical Center Education Center, 215 Route 31, just north of HMC. Preregistration is required. Please call Parenting and Childbirth Education Services at 908-788-MOMS (6667) for formats available and if you have any questions, otherwise please use the enclosed registration form to reserve your place.