

Prenatal Breastfeeding Class

Soon-to-be parents will learn how to get breastfeeding of their newborn off to a great start in this small group class with nurse practitioner Nancy Canty, IGO's Certified Lactation Educator.



Discussion topics will include:

- ◆ Benefits of breastfeeding.
- ◆ Techniques for successful positioning and latch-on.
- ◆ What to expect during the first few weeks of breastfeeding.
- ◆ How to know if your baby is feeding well and getting enough milk.
- ◆ Ways to overcome the challenges you might face.
- ◆ Questions are welcome!

“This class will provide the self-confidence to feel comfortable and prepared for breastfeeding your new baby.”

Where: At the IGO Medical Group office.

When: Every fifth Thursday from 6 to 7:30 PM. Ask an IGO staff member for the actual dates.

Cost: \$20 per family (both parents are encouraged to attend).

Registration: Sign up for a class by stopping by the IGO front desk or by calling 858-455-7520.

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