



Lactation Services
are available
for all
inpatients
and on an
outpatient
basis for the
community
908-788-6335



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!

2025 Dates

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

January 7

July 1

February 4

August 5

March 4

September 9

April 1

October 7

May 6

November 4

June 3

December 2

Cost: \$58.00 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.



Hunterdon Health