



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



BREASTFEEDING CLASS PART II: PUMPS AND PUMPING

Is there any reason you won't be breastfeeding?

"I need a pump? Now what?"

Learn how to make the most out of your pumping experience, and ways to make your return to work as easy as you can! You may attend this class before or after your baby arrives. Babies are welcome at class. Partners are welcome to attend, as well.

Included:

- Navigating all the types of pumps: which is best for you?
- How to get the most out of your pump
- Things to think about when you return to work
- Challenges you may encounter...and more!

2025 Dates

All classes are Tuesdays, 7:00 p.m. - 8:30 p.m.

February 11

April 8

June 10

August 12

October 14

December 9

Cost: \$42.00 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