

Beginning Strong: Basics of Breastfeeding

Join us for a FREE 60 minute class on learning the basics of breastfeeding. This class is designed to help you make informed decisions about infant feeding and to provide education and support for those who choose to breastfeed. Moms will meet with one of our Lactation Specialists who will discuss breastfeeding basics and hold a question/answer session.

Topics may include:

- Benefits of breastfeeding
- Positioning and latching
- Feeding Cues
- How to know if your baby is getting enough
- Products to Consider
- Self-Care: Nutrition, rest and breast care.
- Q&A

Registration is required. We suggest you choose a class one to three months prior to your due date, so the information is fresh in your mind when baby arrives! The class is offered monthly to Forest Hills Pediatrics' mothers only. Classes begin at 6pm.

Upcoming Dates:

- July 30, 2019
- August 27, 2019

The class is limited to 10 moms, and is located at Forest Hills Pediatrics. You will check in at the front desk. Please be ready to participate with any question you may have. We want you to walk away with confidence in your new journey.



To register, please call our office at 616-949-4465.

Our Patient Service Specialists will enroll you into the class of your choice.