

Virtual Breastfeeding Education Classes

Learn how you and your family can feel confident, empowered, and prepared for your breastfeeding experience. While breastfeeding is a natural part of having a child, the art of latching the baby onto the breast is learned. Whatever your goals are for breastfeeding, this class can help you be prepared to meet them. We look forward to meeting you!

Class Topics:

- Rooming in with baby
- Breastfeeding positions
- The breast crawl
- Delaying the first bath
- Establishing & maintaining milk supply
- Hunger cues
- How to know if baby is getting enough
- Common challenges and how to overcome them
- Getting dad and family involved
- Bottle and pacifier use, what is best?
- And so much more!

Suggested donation of \$40 per family (actual cost per family to the Coalition is \$100). You are not required to make a donation to attend the class.



For more information about our Breastfeeding Education Class,

please contact us:

305-293-8424



Class registration limited to Monroe County residents

FKHSC prohibits discrimination on the basis of disability for all services, programs, and activities provided to the public pursuant to the American with Disabilities Act. For reasonable accommodations, please give us a call at 305-293-8424.