

“How to Breastfeed” prenatal class

FOURTH TUESDAYS 4:30 PM - 6:00 PM

Join us to learn:

- Why breastfeeding matters
- Importance of “skin to skin”
- How babies “latch-on”
- How much milk babies need
- How new babies “talk” to us
- Getting off to the best start
- Overcoming challenges
- And much more

Meet “real, live” breastfeeding moms!

**Sign up at your OB visit or call
the Center for Breastfeeding at
371-4415.**



FOR MORE INFORMATION

To learn more about the Center for Breastfeeding at the University of Vermont Health Network - CVMC, please visit UVMHealth.org or call us at **(802) 371-4415**.

THE CENTER FOR BREASTFEEDING

130 Fisher Road
Berlin, VT 05602

HOURS

Consultations made by appointment

PHONE

(802) 371-4415

THE CENTER FOR BREASTFEEDING



“How to Breastfeed”

Prenatal Class

An introduction to providing the world's
best food for your baby.



UVMHealth.org/CVMC

THE
University of Vermont
HEALTH NETWORK

Central Vermont Medical Center



Breast milk ~ The perfect baby food

The American Academy of Pediatrics recommends *exclusive* breastfeeding for babies' first 4-6 months.

Breast milk contains all the protein, fats, carbohydrates, and water babies need to thrive. It also contains important living nutrients that boost babies' immune systems.

If *all* babies were exclusively breastfed 6 months as recommended, the USA would save over *\$13 billion annually* in health care costs, according to the US Surgeon General's "*Call to Action to Support Breastfeeding*".



Bosom Buddies

Prenatal Education
Through Weaning

BREASTFEEDING ROCKS!
at UVMHN-CVMC

Bosom Buddies evening
breastfeeding **celebration** group for
ongoing mother-to-mother networking
and support after your hospital stay.

Meets the first Monday every month
5:30 pm to 7:00 pm.

Drop-ins welcome, pregnant mothers
and grandmothers encouraged.



Mothers ask:

- How will I know my baby is getting enough milk?
- How do I position my baby to feed?
- How can my partner help in the early weeks?
- Does breastfeeding hurt?
- How can I tell if my baby has "a good latch"?
- Will we ever get a good night's sleep again?
- Why does my baby cry even after she's fed well?
- Do I have to change my diet while breastfeeding?
- What about medicines and alcohol?

**JOIN US FOR "HOW TO BREASTFEED"
FOR ANSWERS TO THESE AND MANY
MORE QUESTIONS.**