# "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

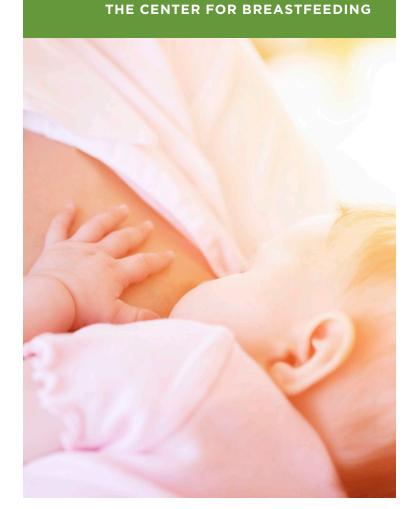
130 Fisher Road Berlin, VT 05602

### **HOURS**

Consultations made by appointment

### **PHONE**

(802) 371-4415



## "How to Breastfeed"

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











# 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.