“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.