

2010 Breastfeeding Classes

Special Beginnings Birth and Women's Center is offering several Breastfeeding classes for expectant couples and new mothers taught by Flossie Rollhuaser, IBCLC.

Breastfeeding Basics: The First Week

7 to 9 p.m.

(Cost is \$10 for non-SBBWC clients)

Wednesday, July 21st

Wednesday, August 18th

Wednesday, September 15th

Wednesday, October 20th

Wednesday, November 17th

Wednesday, December 15th

Explore why breastfeeding is best for mom and baby. Learn how to get off to a good start, avoid common problems, and understand how the process works.

We suggest that expectant parents take this class at least one to two months before the baby is due.

Milk Expression 101

7 to 9 p.m.

(Cost is \$10 for non-SBBWC clients)

Wednesday, September 29th

Wednesday, December 29th

How, when, why and where to express milk. Choosing the pump that is right for your needs (one size does not fit all). Tips on preparing for and managing your return to work, working with your child care provider and reaching your personal breastfeeding goals.

Breastfeeding Basics class or previous successful breastfeeding experience a pre-requisite; class can be taken before or after baby arrives.



1454 Baltimore-Annapolis Boulevard Arnold, MD 21012

To register for any of our classes, call Special Beginnings at 410-626-8982