



Knowledge is power. A successful breastfeeding experience begins with knowing what to expect. Breastfeeding is a natural process with numerous benefits for both mom and baby. Newborn babies have instincts that help them latch and breastfeed. However, to most moms it doesn't come as naturally as it would seem. Both parent and baby have a learning curve before breastfeeding feels natural.

Breastfeeding is a learned process in which parents and baby must work together. Women used to grow up watching the women around them feeding babies at the breast and learned about breastfeeding through observation. They heard and saw a lot about breastfeeding before becoming a parent. They had that lifetime of memory and a network of breastfeeding women to rely on for support. Nowadays the rare, brief glimpses of breastfeeding cannot make up for a lifetime of learning.

There is a lot of misinformation and inaccurate advice that can undermine your milk supply and breastfeeding success. By attending a breastfeeding class you will be able to prepare and build confidence for caring for your newborn. A pre-natal breastfeeding class is offered by Dawn Peacock RN in partnership with Innana Birth Center. Dawn has 12 years of obstetric nursing including NICU, labor and delivery team, nursery, postpartum/mother baby, breastfeeding education and birth assisting at Innana.

Topic discussed:

- Advantages of breastfeeding
- Breast anatomy
- Proper latching technique
- How to position and hold your baby for a more comfortable breastfeeding experience
- How to establish a good milk supply
- How to know if your baby is getting enough to eat
- How partners can participate in the breastfeeding experience
- Common challenges
- Breast pumps
- Breastfeeding resources and support groups
- How to address the challenges of breastfeeding

\$65 per couple.

In person and virtual option available.