



The Breastfeeding Café & New Mother Support Group

Support, connection, friendship, success!

So many women want **help and sisterhood** but feel it's impossible to find locally. Not true!

We are here!!! Join us!

Over the course of 8 weeks, you will inform and empower your motherhood journey by exploring common topics with which all newly breastfeeding moms struggle...

- ~ Understanding and maintaining a great milk supply
- ~ Normal newborn feeding cues
- ~ The importance of good position and latch
- ~ Breastmilk is the biological norm for all human babies, so why isn't it the cultural norm?
- ~ What you can and cannot eat and drink
- ~ Clogged ducts, painful breasts, mastitis and problems
- ~ Family support and expectations, being mother and a wife.
- ~ Pumps, expressing breastmilk, introducing a bottle & returning to work
- ~ When to introduce solid foods

Plus gentle touch and relaxation time to bond with baby and aid digestion after each class!

Wednesday Mornings 10:30am – 12pm
Starting Wednesday November 30th
LIFT Wellness Center, 42 Main Street, Nyack



\$120 for 8 weeks advance (\$20 drop in each week)
Register/info: breastfeedingarts@gmail.com (845) 323-8977
www.BreastfeedingArts.com