Breastfeeding Your Baby Class

*Breastfeeding Basics, Problem Solving and Returning to Work or School*

**Mon, September 21**

or

**Tues, November 17**

1:30 – 4:45 pm at the Tang Center

This class is open to Faculty, Staff, Students and their Spouses/Domestic Partners. Everyone is welcome to participate in the entire class, or either part one or part two based on needs.

**Part One: 1:30 – 3:30 pm**
- Breastfeeding Basics
- Common problems and how to manage them

**Part Two: 3:45-4:45pm**
- Planning and time management for returning to work or school
- Breast pumps

**Enrollment:**
For staff and faculty, please go to the UCB Learning Center: [http://tinyurl.com/ucblms](http://tinyurl.com/ucblms)

For students and affiliates, please contact Health*Matters at breastfeeding@lists.berkeley.edu or 643-4646.

About the Instructor:
Laura Monin is an International Board Certified Lactation Consultant, Certified Lactation Educator, experienced nursing mother, and parent educator.

About the Breastfeeding Support Program
[uh.s.berkeley.edu/breastfeeding](http://uh.s.berkeley.edu/breastfeeding)

The University supports new parents who want to continue breastfeeding after returning to work or school. The Breastfeeding Support Program, coordinated by Health*Matters Wellness Program, serves faculty, staff and students. The program includes breastfeeding classes with a lactation consultant, lactation rooms on campus with hospital-grade pumps, and sale of breast pumps (and kits for pumps in the rooms) at a discounted price. For more information, check [uh.s.berkeley.edu/breastfeeding](http://uh.s.berkeley.edu/breastfeeding) or call 643-4646.