Breastfeeding Your Baby Class

Breastfeeding Basics, Problem Solving and Returning to Work or School

Mon, February 8
or
Thurs, April 7
1:00 - 4:15 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: 1–3 pm
• Breastfeeding Basics
• Common problems and how to manage them

Part Two: 3:15 - 4:15 pm
• 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

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

About the Breastfeeding Support Program
uhs.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 uhs.berkeley.edu/breastfeeding or call 643-4646.

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