Breastfeeding Your Baby Class

Breastfeeding Basics, Problem Solving, and Returning to Work or School
Wed, Sept 27 or Thu, Nov 9
1 – 4:15 pm, Tang Education Center
Instructor: Laura Monin, IBCLC, Certified Lactation Consultant

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.

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

Part One: 1:00 – 3:00 pm
• Breastfeeding Basics
• Common problems and how to manage them

Part Two: 3:15 – 4:30 pm
• Planning and time management for returning to work or school
• Breast pumps
• For those who have already attended the part 1, you are welcome to join just for the second portion

Register:
• For staff and faculty, register through the UC Berkeley learning center. Links to each class can be found on uhs.berkeley.edu/breastfeeding

• For students and affiliates, please contact the Breastfeeding Support Program at breastfeeding@lists.berkeley.edu or (510) 643-4646.

About the Breastfeeding Support Program
The University supports new parents who want to continue breastfeeding after returning to work or school. The Breastfeeding Support Program coordinated by the Be Well at Work -- Wellness Program, serves faculty, staff and students.

The program includes
• Breastfeeding classes with a lactation consultant,
• Lactation rooms on campus with hospital-grade pumps
• Sale of kits for pumps in the rooms at a discounted price.

Learn more at uhs.berkeley.edu/breastfeeding