

# Understanding Breastfeeding

*Empowering Breastfeeding Experiences*



## Class Dates

- November 19, 2024
- February 19, 2025
- May 29, 2025
- August 18, 2025
- November 4, 2025

All classes will be from 4:30pm - 6:30pm.

All classes will be at Redington-Fairview General Hospital.

## Topics Covered

- ✓ How Breastfeeding Works
- ✓ Getting the Best Start
- ✓ Latching On
- ✓ Breastfeeding Positions
- ✓ When to Feed Your Baby
- ✓ Getting Enough Milk
- ✓ Breast Care
- ✓ Breastfeeding Lifestyle

To sign up,  
please call:



(207) 858-2318

