SUCCESSFUL BREASTFEEDING

PRESENTED BY PUBLIC HEALTH NURSE:

Joanne Spears, RN, BSN, IBCLC

This class is recommended for last trimester expectant parents.
Partners and support people are encouraged to attend.

BABIES ARE BORN TO BREASTFEED

Babies are born hardwired to breastfeed.
Come learn how you can support and encourage your baby's natural instincts.

IN THIS CLASS YOU WILL LEARN:

- A baby's 9 instinctive stages in the first hour after birth
- How to get off to a good start breastfeeding your baby
- When and who to call for help if challenges arise

WHERE:

Fairbanks Public Health Center
1025 West Barnette Street
Fairbanks, Alaska 99701

WHEN:

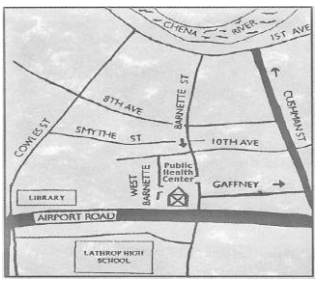
For 2018:
The 4th Tuesday of every month
6:00 to 8:30 pm
(December class will be the 3rd Tuesday)

To register for a class, RSVP to voicemail: 907-451-1629

THERE IS NO CHARGE

Fairbanks Regional Public Health Center

1025 West Barnette Street
Fairbanks, Alaska 99701
1-907-452-1776

STATE of ALASKA
Department of Health and Social Services

Alaska Division of Public Health
Prevention Promotion Protection