
SUCCESSFUL BREASTFEEDING

PRESENTED BY PUBLIC HEALTH NURSES:

Joanne Spears, RN, BSN, IBCLC and
Jeannette Gorda, 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 SESSION 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

WHEN:

For 2016:
The 4th Tuesday of
every month
6:00 to 8:00 pm

WHERE:

Tanana Valley Clinic
1001 Noble Street
4th floor conference room

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

THERE IS NO CHARGE

BROUGHT TO YOU BY:

Fairbanks Regional Public Health Center
and
Tanana Valley Clinic

Fairbanks Regional Public Health Center



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