



2019 Prenatal Breastfeeding Classes

By **Cathy Clark, BSN, CLC, IBCLC**
International Board-Certified Lactation Consultant

Learn the Keys to Successful Breastfeeding!

At Lone Star Pediatrics

Lone Star Pediatrics
 12120 Ranch Road 620
 Austin, TX

6:30 pm to 9:00 pm (2nd Wednesday)

Fee: \$40

January 9	February 13
March 13	April 10
May 8	June 12
July 10	August 14
September 11	October 9
November 13	December 11

Topics

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| <ol style="list-style-type: none"> 1. 10 Steps to successful breastfeeding. 2. Anatomy and Physiology of Breastfeeding. 3. What to do if you have flat or inverted nipples, or have had breast surgery. 4. Positions for Nursing. 5. What is a good latch-on? | <ol style="list-style-type: none"> 6. Signs that breastfeeding is going well. 7. Warning signs. 8. Nutrition for Lactation. 9. When to introduce bottles. 10. What to do if supplementation is needed. 11. When do you need a breastfeeding consultation for 1) Mother, or 2) Baby. |
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To Register or get more Information call...

(512) 873-0700