



# Breastfeeding -SUPPORT GROUP-



## -About the group-

While breastfeeding is a natural process, it can be challenging especially in the early weeks. This support group is FREE to breastfeeding moms and meets monthly to provide encouragement to new and experienced breastfeeding moms through the first year and beyond.

Discussion topics may include:

- soreness
- infant weight gain
- nursing aids
- milk supply concerns
- formula supplements
- exclusive pumping
- introducing solids
- infant sleep and much more

A Registered Nurse experienced assisting new moms with breastfeeding is present to answer your questions. You will also have the opportunity to meet and learn from other moms who are going through similar experiences. Babies are welcome.

## -A Meal for Mom-

A lunch voucher is available if you would like to grab a meal to enjoy while we meet. Or, grab it to go on your way out. Details available when you register.

## -When & Where-

Jan 11, 2018  
Feb 8, 2018  
March 15, 2018  
April 12, 2018  
May 17, 2018  
June 14, 2018  
July 12, 2018  
August 9, 2018  
Sept 9, 2018  
Oct 11, 2018  
Nov 15, 2018  
Dec 13, 2018

All classes meet from **10:30 am - 12:00 pm** on the second floor in the South Wing of the hospital (facing Martha Ann Blvd.) Convenient parking is available, automatic doors (button activated) and an elevator make navigating a stroller easier.

## -How to Register-

1. Call the OB nurses at 325-574-7150, or
2. Register online by going to [www.CogdellHospital.com](http://www.CogdellHospital.com) > News and Events > Breastfeeding Support Group and follow the registration link!

There is no commitment and there is no cost. It's FREE!

