



**University Pediatric Associates presents:**

## *Breastfeeding Basics: A Class for Expectant Parents*

This 2-hour class will cover important topics you need to know to get breastfeeding off to a good start, including:

- Health and other benefits of breastfeeding for baby and mother
- How to start breastfeeding successfully immediately after birth
- How to build a full supply of milk for your baby
- Comfortable breastfeeding positioning
- Latch techniques to help your baby feed effectively and to avoid nipple pain
- How to tell your baby is getting enough milk
- Common behavior of breastfeeding babies during the early weeks
- How to get the support you need from your family and community
- Partner's critically important role in breastfeeding support

Classes are taught by an International Board Certified Lactation Consultant and will be scheduled on weekday nights and Saturday mornings in our Highland Park and East Brunswick offices.

*Fee: \$30 per couple*

**For more information or to register, contact:  
University Pediatric Associates  
(732)249-8999**