

Monday, June 21

- Prenatal Breastfeeding Class

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Time: 6:00pm

Here at MultiCare Capital Medical Center, we want you and your newborn(s) to start your journey together in the best way possible! We consider it our privilege and responsibility to offer you the tools you need to navigate breastfeeding so that it is a rewarding and comforting part of your relationship with your baby. Please join us while we discuss breastfeeding basics and answer all of your questions so that you can feel supported and prepared when the time comes to meet your baby.

We will discuss:

- Breastfeeding basics such as breast physiology, the benefits of colostrum and breast-milk, and recognizing signs of intake
- Normal newborn behavior and what to expect the first week
- Positioning and latch
- Establishing and maintaining an adequate milk supply
- Pumping, pacifiers, and introducing bottles



Sheila Waterstrat, RN, IBCLC, Certified Lactation Consultant

- Free Zoom Class
- Third Monday of the month at 5:30 pm
- Email to register at sheila.waterstrat@multicare.org
- (360) 754-2229

Bring your partner or any other support person!