

Wednesday, March 5

- New Moms Monthly Support Group Meetings - 12:00pm

Monday, March 10

- Breastfeeding and Baby Basics - 6:00pm

Wednesday, March 19

- Childbirth Express - 6:00pm

New Moms Monthly Support Group Meetings

Time: 12:00pm



Come together to discuss motherhood in a supportive and nurturing environment.

This **free** group provides a safe and non-judgmental space for pregnant women and women with children 0 to 12 months looking for answers to questions about:

- Breastfeeding
- Sleep patterns
- Infant development
- Returning to work
- Changes in your relationship with your partner and friends

Learn through group discussions, share experiences, exchange information, and gain support during an adjustment stage that can be a complex combination of excitement and anxiety. **Lunch provided. For questions, call 208.799.5430.**

Breastfeeding and Baby Basics

Time: 6:00pm

This **free** one night class, introduces expectant parents to the basics of breastfeeding. Topics include positioning baby, latching on, milk production and supply sustainment.

The basics of newborn care will also be presented . Topics will focus on newborn care, crying, sleep feeding, and basic growth and development in the first few weeks of your baby's life. You will have a chance to answer questions and practice skills.

Registration limited to 6 mothers, each with one support person if desired.

For questions, please call 208.799.5430.

Childbirth Express

Time: 6:00pm

One night class to introduce labor support skills, pain management for birth and tour the hospital. The class is **free** and limited to 6 mothers and their support person. For questions, please call 208.799.5430.