

Breastfeeding Classes

Breastfeeding is a natural and beneficial way to feed your baby, but it is also a learned experience. Our breastfeeding classes cover the function and structure of the breast, latching and positioning, nutrition, feeding patterns, growth spurts, and recommendations on pumping and storage of breast milk. Taught by lactation consultants and specially trained nurses, the classes also include:

- Realistic expectations of breastfeeding
- Current breastfeeding guidelines and recommendations
- The benefits of breastfeeding for the patient and baby, of skin-to-skin contact between the patient and baby immediately after birth and of rooming in
- Hunger and feeding cues
- Ways to assist and support the patient with successful breastfeeding

About the Classes

Classes are held at Mass General and open to all Mass General obstetrical patients who are at least 32 weeks pregnant at the time of the class, along with their partner or support person.

Class Dates

Classes listed in **red** are currently full. If the class you would like to attend is sold out, please email the organizer to be placed on the wait list.

- Wednesday, August 19, 6:30 pm - 9:00 pm (in-person)
- Monday, August 24, 6:30 pm - 9:00 pm (in-person)
- Thursday, September 10, 6:30 pm - 9:00 pm (virtual)
- Tuesday, September 15, 6:30 pm - 9:00 pm (in-person)
- Monday, September 28, 6:30 pm - 9:00 pm (in-person)
- Tuesday, October 6, 6:30 pm - 9:00 pm (in-person)
- Monday, October 26, 6:30 pm - 9:00 pm (in-person)
- Tuesday, October 27, 6:30 pm - 9:00 pm (virtual)

Registration

The registration fee is \$95 per couple. One registration is for two people. If you are interested in any class date, please email smohammedkelly@mgb.org with your name, due date, name of your Mass General OB/CNM, mailing address, and which class and date you want to attend. If you have emailed and not received a response within 48 hours, please call [617-726-2000](tel:617-726-2000) pager #28533. Once the payment invoice is ready it will be emailed to you from the class organizer.

Breastfeeding Class Cancellation Policy

A minimum of five couples is required to run the class. If this minimum is not met, we will cancel that class at least one week before the date. If your class is canceled, you may re-register for another class of your choice. If you need to cancel, you must do so by one week before your scheduled class or you will be charged a \$45

cancellation fee. If you need to cancel due to a medical issue requiring hospitalization that precludes you from attending or because you have delivered your baby already, we will provide a full refund once you contact the organizer.

