

Getting Ready for Breastfeeding

Live online, via Zoom

- Recommended to complete class by 36 weeks of pregnancy.
- **Class fee: \$60**

Our prenatal breastfeeding class is designed to help you get breastfeeding off to a good start. Although a natural process, breastfeeding is a learned experience for both mother and baby. This class helps you define your goals, prepare for what to expect, and how to set up support for your breastfeeding journey.

Class is for the pregnant person and a partner/support person. We welcome all expectant families, regardless of birthing location.

Topics include:

- how to establish a full supply of breastmilk
- structure and function of the breast and the hormones of lactation
- baby's feeding cues
- latch and positioning
- when and who to call for help
- brief discussion of pumping
- developing a plan for breastfeeding during your hospital stay and once you go home from the hospital
- the role of support people to the breastfeeding relationship

Class dates and registration

- [Check class dates and availability](#)
- [Register for this class](#)

Suggested classes to accompany Getting Ready for Breastfeeding: Getting Ready for Your Newborn