

Understanding Breastfeeding

*Empowering Breastfeeding
Experiences*



Class Dates

- February 12, 2026
- May 14, 2026
- August 13, 2026
- November 12, 2026

All classes will be from 4:30pm - 6:30pm.

All classes will be at Redington-Fairview
General Hospital.

Topics Covered

- ✓ How Breastfeeding Works
- ✓ Getting the Best Start
- ✓ Latching On
- ✓ Breastfeeding Positions
- ✓ When to Feed Your Baby
- ✓ Getting Enough Milk
- ✓ Breast Care
- ✓ Breastfeeding Lifestyle

To sign up,
please call:



(207) 858-2318

