



BREASTFEEDING ESSENTIALS



SCMC offers a Breastfeeding Essentials class for expectant parents. This comprehensive 2-3 hour class is instructed by Lactation Educator and Dietitian Alyssa Thooft.

TOPICS INCLUDE:

- The importance of breastfeeding
- How breastfeeding works
- Proper latch and positioning
- Ways to improve success & reach your personal breastfeeding goals
- Common concerns
- How to incorporate breastfeeding into your work & social life
- Breast pump basics

You can register in advance by calling Alyssa Thooft at 320-589-7623 or simply come to one of the scheduled classes.



STEVENS COMMUNITY
MEDICAL CENTER

Caring is our Reason for Being

COST \$20

Partners are encouraged to attend without additional cost.

UPCOMING CLASSES

Two separate class times available:

THURSDAY, SEPT. 28 @

SCMC Lower Level 6-8:30 pm

OR

MONDAY, DEC. 4 @

SCMC Lower Level 6-8:30 pm

