



# Healthy Start Center for Urban Breastfeeding Presents: Breastfeeding Boot Camp

Join us to learn more about breastfeeding; all are welcome! Attend all five sessions, and you will receive a complimentary t-shirt and onesie for your little one. Call **412.545.2022** for more information and to register for classes today! **Classes are \$25 each, register for all and get one class free! \*Sliding scale available.\***



## **BF 101: Breastfeeding Basics: Jan 13th, Feb 1st & 10th, Mar 4th & 10th**

Explore the benefits of breastfeeding, discuss the production of breastmilk, address fact versus fiction, history, how to work breastfeeding into your lifestyle and learn preparation tips to successful breastfeeding.



## **The "4th Trimester" & Bonding: Jan 17th, Feb 14th, Mar 14th**

Jump into your postpartum period with techniques to build healthy relationships between mom and baby - including babywearing, reading, and singing to your little one!



## **Pump, Pump, Pump It Up!: Jan 22nd, Feb 19th, Mar 19th**

Returning to work and unsure of your employee rights? Need help with scheduling pumping sessions and knowing how much milk to send with your little one? This is the place for you.



## **Growing Our Little Ones: Jan 28th, Feb 25th, Mar 25th**

Examine major milestones for baby's growth, weaning techniques, and creating healthy meals & snacks for babies development. Recipes included!



## **Mommy & Me Yoga / Infant Massage: Dates and times TBA**

Bring your little one along for some stretching and relaxation. This is a great way to bond and spend time with little one...



**Call today - 412.545.2022 or email to [latch@hsipgh.org](mailto:latch@hsipgh.org)**  
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**Text 'Breastfeeding' to 33222 to receive weekly content and updates**