

## BREASTFEEDING 101

This free, hour long virtual class lead by CAP Lactation Consultants will discuss:



- How to prepare for breastfeeding before your baby's birth
- What you can do in those early days that can help set you up for long term success
- How support from your care team such as partners, family, your pediatrician and lactation consultants can make a positive impact on your journey
- Bottles, pumps and other tools to help support breastfeeding

This class is for anyone interested in breastfeeding, no matter if it's your first or beyond. Partners and any other people in your support team are welcome to attend. Existing and prospective families welcome!

**To see upcoming dates and register:**

Please go to  
<https://www.capitalareapediatrics.com/resources/workshops>  
Zoom information will be sent via email the day of the class.