

The Breastfeeding Center for Greater Washington

2141 K Street, NW Washington, DC 20037 (202) 293-5182

Register online: www.breastfeedingcenter.org

Class Schedule *effective March 20*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breastfeeding Basics 11:30–1:00 1st Monday	Breastfeeding Baby 0–4 Months 11:30–1:00 Every Tuesday	Breastfeeding Basics 11:30–1:00 1st or 3rd Wednesdays	Infant Massage 11:30–12:45 \$ First 3 Thursdays	Breastfeeding the Toddler 1 year + 11:30–1:00 1st Friday	Infant Massage for Partners \$ 10:30–11:45 3 Saturday Series	enjoy your babies
Store hours Monday–Friday 8:30–5:00 Office Consultations available Monday–Friday		Return to Work 11:30–1:30* 2nd or 4th Wednesdays	Breastfeeding the Infant 4–12 Months 11:30–1:00 Last Thursday	Meeting Babies Needs in the first 6 Months 11:00–12:30 \$ 2nd Friday	Breastfeeding & Baby Wearing 11:30–1:30 \$ 4th Friday	

(Please see reverse side for class descriptions.)

Breastfeeding accessories available during store hours: Monday–Friday 8:30–5:00, Saturday 10:00–4:00

Home visits • Lactation Consultations • Classes • Infant Massage • Breast Pumps for Rent/Sale •
 Largest selection of Nursing Bras and Breast Pumps in the Metro area

Help Support our FREE classes by giving to our non-profit Breastfeeding Outreach *



Class	Date/Time	Description	Cost
Breastfeeding Basics	1st Monday 1st or 3rd Wednesdays 11:30–1:00	Learn Basic Anatomy and physiology involved in breastmilk production and breastfeeding. Discuss what preparation and supplies are helpful. Review basic latch, typical breastfeeding during the first days and common variations. Learn how to know if things are going well and what to do if they are not. <i>Take class 8 weeks before due date.</i>	Free Register in advance.
Breastpump Basics	2nd or 4th Wednesday 11:30–12:45	Includes breastpump demonstrations and pumping strategies. We match prices on all Breast-pumps. Largest selection of Breastpumps Including <i>Medela @ Freestyle™</i> . This class begins the Return to Work class. Private classes also available.	Free Register in advance.
Return to Work	2nd or 4th Wednesday 11:30–1:30	Learn how to continue your breastfeeding relationship while working. Review breastmilk collection, storage and feeding guidelines. Learn pumping strategies and ways to maintain breastfeeding after your return to work. Babies are welcome. Private classes also available. <i>*First half of class is review of pumping strategies</i>	Free Register in advance.
Breastfeeding Baby	Every Tuesday 11:30 am - 1:00 pm	This popular New Mom's Group class meets weekly. No charge or registration to attend. Includes baby weight check. Private classes are also available.	Free No registration necessary.
Breastfeeding the Older Baby	Last Thursday 11:30–1:00	Infant nutrition, extended nursing options, sleep patterns. For parents of babies older than four months. Babies are welcome! Private classes also available.	Free Register in advance.
Breastfeeding the Toddler	1st Friday 11:30–1:00	Meet other parents of toddlers and an experienced IBCLC to share challenges and benefits of breastfeeding after the first year. Weaning options are also discussed in this class. Child must be one year or older.	Free No registration necessary.
Infant Massage	Thursdays 11:30–1:00	Help your baby sleep deeper and longer; reduce or avoid fussy time; relieve colic, gas, and constipation; ease the stress of the day; read baby's cues; stimulate growth and development. Private classes also available.	\$100 for 3 classes Register in advance.
Baby Wearing & Breastfeeding	4th Friday 11:30–12:30	This class demonstrates how to properly use your sling, as well as breastfeeding while wearing the sling/carrier. \$10 of the registration goes toward the purchase of any sling in our boutique! Class has been expanded to include more time for personal instruction and/or assistance with breastfeeding in the sling.	\$25 per class Register in advance
Meeting Baby's Needs in First Six Months	2nd Friday 11:00–12:30	This class is designed with the new or expectant parents, and caretakers in mind. We will focus on understanding and responding to your baby's cues, the needs of new mothers and understanding attachment. We will talk about sleep, common practices, debunk common myths, and help you feel good about following your instincts when it comes to parenting.	\$25 Register in advance
Baby's First Solids	3rd Friday 11:30–1:00	This class explores questions on why, when and how to start feeding solid foods; includes topics of age appropriateness for foods, and allergies. This class is geared toward parents of 5–9 month olds. The gold standard in infant nutrition is exclusive breastfeeding thru 6 months Babies are invited too!	\$25
Infant Massage for Partners	3 Week Series Saturdays 10:30–11:45	Quality time for baby and their significant other, (father, partner, or grandparent). Learn infant massage and discuss topics of interest to new families in a supportive environment. Mom can join other mother's at the local coffee shop and be on call to feed baby, or partner can bring a bottle while mom takes a break. See "Infant Massage" listing above for more information. Check with the staff for dates. Private classes are also available.	\$100 for 3 classes Register in advance

Please note: the free classes are offered with a no turn away policy and can be crowded! Please help support the non-profit Breastfeeding Outreach Center: shop in the boutique for breastfeeding accessories, volunteer time to the center, refer our center to your friends, your doctors, online, groupings in the community, or make a tax free donation to Breastfeeding Outreach Center.

