



Breastfeeding: Feeding Mind, Body & Soul
Location: Nurture NE 1614 Alberta St. Portland, OR 97211
Date: Saturday, July 10, 2010
Time: 1-4PM

Details on our web site: <http://www.lunalactation.com/classes.htm>

Nurturing your child through breastfeeding involves your whole being. I invite expectant and new parents to come discover and share breastfeeding wisdom and information. In our three hour workshop we'll cover a variety of topics and allow for plenty of conversation. The class outline is as follows:

Breastfeeding: Body, Mind & Soul

Body:

- ❖ Holistically view breastfeeding basics, milk supply and the process of lactation
- ❖ Receive guidance on optimal positioning, latch and reading baby's signals
- ❖ Learn about how nutrition and dietary issues impact breastfeeding
- ❖ Discuss how birth impacts breastfeeding

Mind:

- ❖ Enjoy a safe space to share joys, fears and feelings surrounding breastfeeding
- ❖ Discuss expectations and emotional components of breastfeeding
- ❖ Talk about ways fathers and others can connect with the breastfed baby

Soul:

- ❖ Find out about community resources and sources of support
- ❖ Receive affirmations for your breastfeeding journey
- ❖ Make connections with other like-minded parents

Registration: The class will be limited to approx 10 participants so please register early. The workshop cost is \$60 per couple or \$40 for individuals. All handouts included.

To register, paypal to support@lunalactation.com or mail form to:

Melissa Cole 5617 NE 69th St Vancouver WA 98661 or email support@lunalactation.com with the following info:

Name(s): _____

Address: _____

Phone: _____

Email: _____

Baby's due date or date of birth: _____

Misc notes: _____

Notes: Babies are welcome. Our meeting space has a play area adjacent to the class space should your little one need a break. Please keep in mind this is a workshop so if you have unique breastfeeding concerns that you'd like individual support for, please consider a private consultation. Please let us know if you have any questions. Class may be cancelled if there are not enough participants. Please share this workshop info with other interested families!

Melissa Cole, IBCLC, RLC
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