

Breastfeeding Basics

Breastfeeding Help – to get you started out right!

Janet E. Adams RN, DS. IBCLC
Mount Kisco Medical Group P.C.

Phone: 914-242-1334

Fax: 914-242-1489

BREAST MILK THE BEST MILK

Breastfeeding is the natural and normal way of feeding infants and young children. This is the only milk made specifically for human infants. Getting off to a good start helps to ensure breastfeeding success for both mother and baby.

This 2 hour class is designed to cover the basics of “why” breastfeed and “how” to breastfeed. It will help the mom:

- Know how to make enough milk
- Know when the baby has had enough milk
- Learn about positioning & latching
- Identify problems & know when and where to get help

This will occur through discussion and demonstration.
Handouts will be available to take home.

Please fill out the form below and fax to Janet Adams at 914-242-1489.

Class Registration

Name: _____

Address: _____

Phone: _____

Email: _____

Doctor: _____

Due Date: _____

**Classes are held from 3-5pm
1 Sunday/Month**

Cost \$30.00

Please circle the date you are registering for.

11/16/08

12/14/08

1/18/09

2/22/09

3/15/09

4/19/09

5/17/09

6/21/09

7/19/09

Reserve your place early as classes are limited.