



**Cherish**  
lactation care

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*cherish the*  
**MOTHER**  
*cherish the*  
**CHILD**  
*affirm the*  
**FAMILY**

## *Prenatal Breastfeeding Education: Breastfeeding the Newborn & Beyond*

We've all heard that "breast is best", right? But how will breastfeeding fit into your life as a new parent? What will breast feeding entail, and how can you prepare yourself for caring for your new baby?

Cherish Lactation Care offers prenatal breastfeeding education classes once a month. You'll learn about the natural process of breastfeeding with other expecting moms and their support persons. This class will incite lively, open discussions about the breastfeeding relationship in a safe environment. It will help equip your family unit to get the best possible start with your new baby.

Whether you've decided you want to breastfeed or you're just looking to learn more about the process, this class is for you. Learning the latest, evidence-based information on breast feeding and infant feeding will enable your family to make an informed decision on how your baby will be fed.

### *Topics Covered:*

- ▶ LATCH AND POSITIONING
- ▶ ANATOMY AND PHYSIOLOGY OF BREASTFEEDING
- ▶ HOW TO KNOW YOUR BABY IS GETTING ENOUGH MILK?
- ▶ NURSING IN PUBLIC
- ▶ BABY WEARING
- ▶ GOING BACK TO WORK/SCHOOL
- ▶ COMMON BREASTFEEDING CONCERNS
- ▶ COMMUNITY RESOURCES



*\*private classes available upon request*

To register for a class please e-mail your contact information to [classes@cherishlactation.com](mailto:classes@cherishlactation.com)

