



HOW TO BREASTFEED FOURTH TUESDAY OF EVERY MONTH 4:30-6PM

**Breastfeeding is Natural,
it isn't always Automatic.**

Now In-Person & On Zoom!

Come join us in a supportive and inclusive environment to learn: Why Breastfeeding matters. The importance of skin to skin. How to get breastfeeding off to a good start. How babies "latch-on". How much milk babies need and how to tell if they are getting enough to eat.

**An Introduction to
providing nurture
and nutrition for Your
Baby**

**Breastmilk contains
important living
nutrients that boost
babies' immune
system and help with
brain development**

**First time and
experienced parents
are welcome!**

**Have your partner
join and find out how
they can help make
breastfeeding a
success!**



THE
University of Vermont
HEALTH NETWORK
Central Vermont Medical Center
The Center for Breastfeeding

**THE CENTER FOR
BREASTFEEDING AT CVMC**

Call
802-371-4415
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