



# **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.



THE  
**University of Vermont**  
HEALTH NETWORK

**Central Vermont Medical Center**  
**The Center for Breastfeeding**

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

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

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

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

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**THE CENTER FOR  
BREASTFEEDING AT CVMC**

Call  
802-371-4415

Email  
[Breastfeeding@cvmc.org](mailto:Breastfeeding@cvmc.org)