



Breastfeeding Resource Center

www.BRC4babies.com

1355 Old York Rd., Suite 101 Abington, PA 19001 215-886-2433

2546 Knights Rd., Bensalem, PA 19020 267-520-0255

987 Old Eagle School Rd. Suite 705, Wayne, PA 19087 484-582-6682

ABINGTON MAY 2017

SUPPORT GROUP, WORKSHOP & CLASS SCHEDULE

All support groups, workshops and classes are held in our third floor education room! Please enter the building through the door at the handicap ramp off of the parking lot and go upstairs.

SUPPORT GROUPS

Support Group: 10 am – 12 noon

Tuesday, May 2nd | Monday, May 8th | Tuesday, May 16th | Monday, May 22nd | Tuesday, May 30th

All moms and babies are welcome! No need to register for these free meetings. Free weight checks are also available. Research shows that meeting with other breastfeeding mothers helps women to breastfeed longer! An International Board Certified Lactation Consultant facilitates all meetings for the first hour.

Cruisers & Crawlers/Mommy-n-Me Support Group: 1:00 pm – 2:30 pm

Thursdays, May 4th, 11th, 18th and 25th

If your baby is 6 months old or older, plan to join us at this meeting. Some moms feel like they've got breastfeeding down by this point, but still like to meet with other mothers in the area. Here's your chance. Our education room will be available to you every Thursday from 1:00 – 2:30pm! No IBCLC will be facilitating this Mommy-n-Me time.

Join us for a GRUB BURGER Profit Share Day on May 7th.

Enjoy lunch or dinner all day at the Grub Burger Bar in Willow Grove, mention the BRC and Grub Burger will donate a percentage of the profits from that day to the BRC. Thanks for your support!

*** Please note that The BRC has locations in Bensalem and in King of Prussia for your convenience! Please check our website at www.BRC4Babies for support group, class and workshop schedules at all our locations.*

Visit our website regularly for new classes & updates at www.BRC4babies.com.



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FREE WORKSHOPS

All workshops and screenings are FREE and NO REGISTRATION is required. Please see below for details, or check our website at www.BRC4Babies.com.

Salus University Occupational Therapy Workshops & Screenings

Salus University Occupational Therapy graduate interns, with facilitation by Drs. Lauren Sponseller and Caitlin Foy, will be offering four workshops this month. In addition, they will be available for one-on-one screening appointments, following the workshops, from 12:00-2:00 pm.

What's Next?! Infant Routine and Anticipation

Tuesday, May 2nd 11:15 am - 12:00 pm

Are you wondering how to establish a routine for your baby? Your baby will be more relaxed when they know what's coming next. Learn how to read your baby's signals and body language to create a routine that works for the entire family. Occupational therapy graduate intern Melissa Tucker, will lead this workshop, under the supervision of Drs. Lauren Sponseller and Caitlyn Foy. **All babies are welcome!**

Babywearing

Monday, May 8th 11:15 am – 12:00 pm

Sometimes, using a baby carrier comes naturally. Sometimes, it takes practice. We will teach you the ABCs of babywearing (Airway, Body Positioning, and Comfort) with a variety of baby carrier styles to help you achieve a safe and satisfying fit for you and your child. According to a study published in the journal, *Pediatrics*, babies who are carried cry less than babies who are not carried, especially in the evening. And according to moms, it's difficult to carry a baby without a carrier for hours on end because it is fatiguing and challenging to do other things around the house. Occupational therapy graduate intern Melissa Tucker, will lead this workshop, under the supervision of Drs. Lauren Sponseller and Caitlyn Foy. **All babies are welcome!**

Tummy Time

Tuesday, May 16th 11:15 am – 12:00 pm

Play is how infants understand the world around them, and according to the American Occupational Therapy Association, Tummy Time is the best way to build the strength and coordination needed to roll over, crawl, and reach. A lot of moms worry about whether their baby is having enough time on their tummy and why their baby appears miserable during every tummy time session. We know this can be a source of stress, so we are excited to teach you some strategies for a happier tummy time. Occupational therapy graduate intern Melissa Tucker, will lead this workshop, under the supervision of Drs. Lauren Sponseller and Caitlyn Foy. **All babies are welcome!**

Visit our website regularly for new classes & updates at www.BRC4babies.com.

Safety First! Tips for ensuring infant and toddler safety in your environment

Tuesday, May 30th 11:15 am – 12:00 pm

You play an important role in ensuring your child's safety. Whether you're concerned about your infant putting something harmful in their mouth, or keeping your crawling toddler out of harm's way, we will discuss tips and tricks to ensuring a safe environment for your baby. Occupational therapy graduate intern Melissa Tucker, will lead this workshop, under the supervision of Drs. Lauren Sponseller and Caitlyn Foy. **All babies are welcome!**

CLASSES

Notice About Class Refunds: If you are registered for a class or workshop and not able to attend, please note that a 24-hour notice is required in order to get a refund. We know it is hard to get out of the house with a new baby, but we still have to pay our fabulous instructors!

Introduction to Sleep Training: Babies 6-18 Months

Monday, May 8th 6:30 – 8:00 pm

Doesn't sleep training mean leaving your baby to cry it out for hours until they fall asleep from pure exhaustion? No! Sleep training is a safe and effective method of helping babies learn to fall asleep and stay asleep overnight and during naps. Andrea Elovson, Certified Gentle Sleep Coach and Founder of Sleepy Bug, guides you through the steps of three different sleep-training methods. Participants will learn to implement their chosen plan and to overcome common stumbling blocks. Other topics include: when to begin sleep training, how long the process takes to work, co-parenting for sleep training success, breastfeeding and sleep training, and securing a safe, sleep environment.

REGISTRATION is REQUIRED and CLOSES on SATURDAY, MAY 6th. The cost is \$35 per person or \$50 per couple (spouse, partner or grandparent). Please register on the website at www.BRC4babies.com or call the office at 215-886-2433. All babies are welcome!

Baby Sleep Solutions: Babies 0-6 Months

Tuesday, May 9th 10:00 am – 11:30 am

Are you frustrated and exhausted by the contradictory sleep advice from books, family and the Internet? Join Andrea Elovson, Certified Gentle Sleep Coach and Founder of "Sleepy Bug," for this supportive and informative seminar for babies ages birth to six months. Come learn safe, gentle and effective sleep techniques that you can start using immediately to lengthen your baby's sleep both at naptime and overnight. Additional topics include transferring baby to a crib, easing the transition back to work and getting moms the sleep they need, too!

REGISTRATION is REQUIRED and CLOSES on SUNDAY, MAY 7th. The cost is \$35 per person or \$50 per couple (spouse, partner or grandparent). Please register on the website at www.BRC4babies.com or call the office at 215-886-2433. All babies are welcome!

Not Enough Milk? Low Milk Supply Support Group

Wednesday, May 10th 10:00 am - 12 noon

Are you experiencing a low milk supply and would like to talk with other mothers who are experiencing the same thing? Come join us for this FREE support group. Our own Colette Acker, IBCLC will be there to facilitate the group and answer questions.

REGISTRATION is REQUIRED, however this group is FREE to attend. Please register on the website at www.BRC4babies.com or call the office at 215-886-2433. All babies are welcome!

Special Support Group: “Not What I Was Expecting...When I Was Expecting!”

Tuesday, May 23rd 10:00 am - 11:15 am

The journey of becoming a parent can evoke emotions, changes in relationships, and questions about oneself. It is an all encompassing, full-body experience - that is filled with incredible joys, but also baffling contradictions and challenges. For many parents, the mixture of sleep-deprivation, financial stress, work changes, role and relationship changes, and the demands of a baby can bring about unexpected disappointments and losses. Come and share your thoughts and experiences, listen to others and feel understood and supported. Kellie Wicklund, MA, NCP, LPC - a licensed therapist specialized in Reproductive Mental Health will facilitate this group.

REGISTRATION is REQUIRED, however this group is FREE to attend. Please register on the website at www.BRC4babies.com or call the office at 215-886-2433. All babies are welcome