



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

BENSALEM MAY 2017 SUPPORT GROUP, CLASS AND WORKSHOP SCHEDULE

SUPPORT GROUP: Fridays from 12:30-2:00pm

May, 5th, 12th, 19th & 26th

All moms are welcome! All babies welcome! No need to register for these free meetings. Free weight checks are available. All meetings are facilitated by an International Board Certified Lactation Consultant for the first hour. Then, hang out to talk about breastfeeding questions and experiences with other moms. Research shows that meeting with other breastfeeding mothers helps women to breastfeed longer!

Salus University Occupational Therapy graduate intern, Melissa Tucker, under the direction of Drs. Lauren Sponseller and Caitlin Foy, will be offering three workshops during support group this month. In addition, she will be available for one-on-one screening appointments before and after support group.

CRUISERS & CRAWLERS GROUP: Wednesdays from 2:00-3:30pm

May 3rd, 10th, 17th 24th & 31st

If your baby is 6 months old or older, you can join us at this meeting. Some moms feel like they've got breastfeeding down by this point, but still like to meet with mothers in the area. Here's your chance! No IBCLC will be facilitating this meeting, however the scale will be set up for free weight checks. No need to register for these free meetings!

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

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

FREE WORKSHOPS - DURING SUPPORT GROUP

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 intern, Melissa Tucker, under the direction of Drs. Lauren Sponseller and Caitlin Foy, will be offering three workshops this month. In addition, she will be available for one-on-one screening appointments before/after the workshops. **All moms and babies are welcome!**

What's Next?! Infant Routine and Anticipation

Friday, May 5th 1:30-2:30pm

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

Friday, May 12th 1:30-2:30pm

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

Friday, May 19th 1:30-2:30pm

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!**

CLASSES

Pre-natal Breastfeeding class: EVERY SECOND WEDNESDAY of the month

Wednesday, May 10th 1:00-2:00pm

Are you planning or thinking about breastfeeding? Have lots of questions? This class is for you! Come learn how to get breastfeeding off to a great start! What to expect in the hospital and the early days will be discussed as well as tips to know how often to feed your baby, if your baby is getting enough, and more. Open to all pregnant moms!

This class is FREE. Please register on our website at www.BRC4babies.com or call the Bensalem office at 267-520-0255.

Starting Solids: The Baby-Led Weaning Approach

Wednesday, May 17th 1:00-2:00pm

There are more options than just starting with pureed foods! You've given your baby a great nutritional start. Keep it going by learning when and how to start solids foods!

The cost is \$25 per person and \$40 per couple. Each participant will receive *The Baby Led Weaning Cookbook!* Please register on our website at www.BRC4babies.com or call the Bensalem office at 267-520-0255.

****Due to the generous funding from St. Mary, all patients seen at Mother Bachmann Maternity Center and/or Children's Health Center will be able to attend this class at no cost, and have the option to purchase the cookbook.**

Back to Work Class

Wednesday, May 24th 1:00-2:00pm

Heading back to work is a stressful time for the whole family! When it comes to providing your milk while you're away, having a plan makes it a little easier for you. "Expressing yourself" takes on a whole new meaning! Join us and get these questions answered:

- How do I collect extra milk before I return to work?
- When should I start offering a bottle?
 - How do I pump to get extra milk when this baby is nursing all day?
 - How much milk do I put in each storage container... and what's the best container to store it in?
- How many times do I have to pump while I'm away?
- How long is milk good for in the fridge and freezer? I've seen 5 different answers when I Google it!
- How do I talk to my supervisor about a place to pump?

Please note: Every employment situation is very different. Depending on the class size, some of your more personal questions may not get answered. If you feel like your work situation is very unique, you may want to schedule a one-on-one Back To Work consultation with one of our IBCLCs and discuss your personal situation.

Quote from past attendee: "It was great getting insight from both a professional as well as other new moms who will soon be going back to work as well. Everyone had great ideas and advice to share, which has truly helped ease my anxiety of returning to work while trying to continue breastfeeding."

The cost is \$10. Please register on our website at www.BRC4babies.com or call the Bensalem office at 267-520-0255.

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