



## Breastfeeding Resource Center

www.BRC4babies.com

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

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

### **KOP MAY 2017**

## **SUPPORT GROUP & WORKSHOP SCHEDULE**

### **SUPPORT GROUPS**

#### **Breastfeeding Support Group: from 10:00 am – Noon**

**Wednesday, May 3, 10, 17, 24\* & 31**

**\*Special topic on the 24<sup>th</sup> – An opportunity to share your birth experience – Please see below**

All moms 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! All meetings are facilitated by an International Board Certified Lactation Consultant for the first hour. All babies are welcome.

#### **Cruisers & Crawlers Group: Fridays from 10:00 am - 12pm**

**May 5, 12, 19 & 26**

If your baby is 6 months old or older, you are welcome to join us for this support 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 Mommy-n-Me time.

#### **Special Support Group: "Share your birth experience"**

**Wednesday, May 24th 10:00 am – 12:00pm**

Becoming a mother is one of life's most profound and joyful experiences. The journey to get there and the birth experience itself is not always easy and can even feel traumatic. This combination of "difficult" and "WONDERFUL" can be confusing and can lead to feelings of isolation, disappointment, failure and even sadness and loss. We invite you to come and share your story in a safe, nurturing setting with other New Moms. Our support group will be led by IBCLC Michelle Hudasko. Sharing your story may help you to break free of some negative feelings so that you can move forward with enjoying your baby and your new life as a Mommy.

**All workshops and screenings are FREE and NO REGISTRATION is required.**

*\*\* Please note that The BRC has other locations in Bensalem and in Abington for your convenience! Please check our website at [www.BRC4Babies](http://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](http://www.BRC4babies.com).

## **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](http://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**

**Wednesday, May 3<sup>rd</sup> 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**

**Wednesday, May 10<sup>th</sup> 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**

**Wednesday, May 17<sup>th</sup> 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!**

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

**Wednesday, May 31<sup>st</sup> 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

### Infant Sleep with “Tiny Transitions”

Monday, May 2nd 10am - 11am

Join Courtney Zentz from “Tiny Transitions” <http://www.tinytransitions.com/> for a session on newborns and sleep. Discover how the first six months take shape and evolve as your baby grows. Obtain insight into creating healthy sleep and eating habits, schedules and routines, and build a solid foundation of sleep skills for life.

**REGISTRATION is REQUIRED and CLOSING on SUNDAY, April 30th. Please register on the website at: <http://breastfeedingresourcecenter.org/event/infant-sleep-with-tiny-transitions/>**

All babies are welcome!

### Baby and Toddler Sleep: Babies 6-12 Months with “Tiny Transitions”

Monday, May 2nd 7pm- 8pm

Join Courtney Zentz from “Tiny Transitions” <http://www.tinytransitions.com/> for a session on getting your infant the sleep he or she needs. In this session, we will dive into the proper schedules and routines, what naps should look like and how to support your baby’s rapidly evolving sleep over the first years and beyond.

**REGISTRATION is REQUIRED and CLOSING on SUNDAY, April 30th. Please register on the website at: <http://breastfeedingresourcecenter.org/event/baby-and-toddler-sleep-6-12-months-with-tiny-transitions/>**

All babies are welcome!

### Starting Solids: The Baby-Led Weaning Approach

Tuesday, May 23<sup>rd</sup> 10am-11am

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 solid foods.

Registration is required.

**Each participant will receive *The Baby Led Weaning Cookbook!***

**REGISTRATION IS OPEN UNTIL THE TIME OF CLASS!**

**Cost is \$25 per individual and \$40 per couple.**

**Please register on the website at:**

<http://breastfeedingresourcecenter.org/event/starting-solids-the-baby-led-weaning-approach-8/>

**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 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!