



## 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 AUGUST 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, August 8<sup>th</sup> | Monday, August 14<sup>th</sup> | Tuesday, August 22<sup>nd</sup> | Monday, August 28<sup>th</sup>

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 Support Group (NEW SUMMER TIME): 10:00 – 11:30 am

Thursdays, August 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup>

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 10:00 – 11:30am (NEW TIME)! No IBCLC will be facilitating this Mommy-n-Me time.

#### JOIN US for WORLD BREASTFEEDING WEEK!

The week of August 1 – 7<sup>th</sup> is World Breastfeeding Week, a time to celebrate breastfeeding all over the world. Join us on Friday, August 4<sup>th</sup> for the Global Big Latch On. At 10:30 am that morning, mamas all over will latch on their babies in solidarity and support. Stay tuned to our Facebook Page and Website for details! Hope you can join us for community, snacks & giveaways!

#### TICKETS ON SALE NOW - ANNUAL BRC BASH

Our biggest fundraiser (and party!) of the year, the BRC Bash, will be held on Friday, October 6<sup>th</sup>, 2017 at Abington Arts Center in Abington, PA. This year we are offering a special ticket price for clients! Check our webpage for details and to order your tickets! Thanks for your support!

*\*\* Please note that the BRC has locations in Bensalem and King of Prussia for your convenience! Please check our website at [www.BRC4Babies](http://www.BRC4Babies) for support group, class and workshop schedules at all of 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 and Speech-Language Pathology graduate students will be taking a summer break. Look for their return to the center in September and October!**

## **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!

### **Healthy Eating for Breastfeeding/Postpartum Moms – NEW!**

**Tuesday, August 1st 10:00 am – 11:00 am**

Did you recently have a baby and you're struggling with what to eat? Well...nourishing yourself is JUST as important for you as it is for your baby! Come to this class to learn about optimal nutrition for you postpartum and/or while breastfeeding.

Class will be taught by Christine Yip, MS, DTR, a Sodexo dietetic intern with a background in Clinical Nutrition, Food Studies and Public Health who is interested in lactation and maternal nutrition.

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

### **Introduction to Sleep Training: Babies 6-18 Months**

**Monday, August 7<sup>th</sup> 6:30 pm – 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 for 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, AUGUST 5<sup>th</sup>. The cost is \$35 per person or \$50 per couple (spouse, partner or grandparent). Please register on the website at [www.BRC4babies.com](http://www.BRC4babies.com) or call the office at 215-886-2433. All babies are welcome!**

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

**Monday, August 14 7:00 pm – 8:00 pm**

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. Jackie Maniscalco, MS, RD will be facilitating this informative and lively class. Jackie holds undergraduate and graduate degrees in Nutritional Sciences and is also a registered dietitian by training. A client as well as a member of the BRC Board of Directors, she was introduced to the baby-led weaning approach with her first child and is currently enjoying watching her second child learn to explore foods!

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

**REGISTRATION IS REQUIRED and CLOSES on FRIDAY, August 11<sup>th</sup>. The cost is \$25 per individual and \$40 per couple. Please register on the website at [www.BRC4babies.com](http://www.BRC4babies.com) or call the office at 215-886-2433. All babies are welcome!**

## **Not Enough Milk? Low Milk Supply Support Group**

**Wednesday, August 16 10:00 am – 11:00 am (feel free to hang out afterwards)**

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. One of our IBCLCs 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](http://www.BRC4babies.com) or call the office at 215-886-2433. All babies are welcome!**