



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

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BENSALEM August 2017 SUPPORT GROUP AND CLASS SCHEDULE

FREE SUPPORT GROUPS

Join the BRC
on
Friday, August 4th
10 am

Abington
Bensalem
King of Prussia

snacks - giveaways - fun



the
BIG
latch
on
2017

Support Group: Fridays from 12:30-2:30pm

August 11th, 18th & 25th

All moms and babies welcome! No registration is needed for these free meetings. Free weight checks! All meetings are facilitated by an International Board Certified Lactation Consultant for an hour. Come hang out and ask breastfeeding questions and share experiences with other moms. Research shows that meeting with other breastfeeding mothers helps women to breastfeed longer!

****Please note: Friday's August 4th Special Support Group time is 10am-12pm****

Cruisers and Crawlers Group: Wednesdays from 2:00-3:30pm

August 2nd, 9th, 16th, 23rd & 30th

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!

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

SAVE THE DATE

Our biggest fundraiser (and party!) of the year, The BRC Bash, will be held on Friday, October 6th, 2017 at Abington Arts Center in Abington, PA. Keep your eye on the webpage and watch your inbox for details! Thanks for your support!

CLASSES

Prenatal Breastfeeding Class: Every second Wednesday of the month

Wednesday, August 9th 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. Meet our staff and tour our new office location. Open to all pregnant moms. Attendees will be eligible for a FREE baby-gift drawing.

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

Understanding Your Baby's Behavior: *What to Expect*

Pregnancy and Early Infancy

Wednesday, August 16th 1:00-2:00pm

What does it really mean to "sleep like a baby?" How do I know if my baby is hungry, tired, or just needs something to be different? How can I calm my crying baby? This workshop will help parents understand normal infant behavior. This class will provide tips to help new parents find solutions to the common concerns of sleep, cues and crying.

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

Express Yourself!

Wednesday August 23rd 1:00-2:00pm

Everyone's getting a fancy pump through her insurance company, but do you know how and when to use it? Has it crossed your mind to pump exclusively and give your baby your milk in a bottle? Maybe you're returning to work and need to know when to start pumping and saving your milk. Do you know the proper storage guidelines? Find out at this new class!

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