



## 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

# KING OF PRUSSIA - AUGUST 2017

## SUPPORT GROUP & CLASS SCHEDULE

### **Support Group: Wednesdays from 10:00 am – 12:00 pm** **August 2, 9, 16, 23 & 30**

Come join us at our weekly support groups! This is a friendly and supportive atmosphere where you can connect with other local mothers and babies. An International Board-Certified Lactation Consultant (IBCLC) is present for the first hour to answer any lactation questions or concerns and our scales are available for weight checks. Many mothers develop long term relationships and typically attend our groups regularly! It is a fun time for babies to practice tummy time together while mothers share tips, tricks, and stories with each other. We welcome all mothers and babies whether you are breast feeding, bottle feeding, using a nipple shield, or supplemental nursing system. Come stop by, we would love to meet you!

Some general topics that have been discussed at support group include:

- Normal newborn behaviors and developmental milestones
- Breastfeeding issues, latching, supplementing, pumping etc.
- Sleep suggestions and questions
- Brand recommendations, what's working for everyone
- Handling conflicting advice from friends and family
- Suggestions for classes and activities that are age appropriate for your baby.

### **Cruisers & Crawlers Group: Fridays from 12:00 pm – 2:00 pm** **August 4, 11, 18 & 25**

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.

Visit our website regularly for new classes & updates at [www.BRC4babies.com](http://www.BRC4babies.com).

## CLASSES

Infant Sleep Class at KING OF PRUSSIA, with "Tiny Transitions"

DOES THIS SOUND FAMILIAR?

- Your baby has arrived.
- Your baby miraculously survived the scary car ride home from hospital.
- Your baby shares your dimples, but not your passion for uninterrupted nighttime sleep.

If you are struggling with sleep, sign up for a one hour "Creating a dream Sleeper" session at our KING OF PRUSSIA location on TUESDAY, AUGUST 22 from 10:00-11:00am. These small group sessions are ideal for expecting parents and those with children 0 – 2 years of age. These interactive sessions with Courtney Zentz, founder, Tiny Transitions will also include time for your specific sleep questions to be answered.

### **Baby and Toddler Sleep Class with "Tiny Transitions"**

*Tuesday, August 22 – 7:00 – 8:00 pm*

DOES THIS SOUND FAMILIAR?

- You have a baby that hasn't slept well since birth.
- You feel like your toddler is never going to sleep or naps with regularity.
- Your toddler enjoys kicking you in the face at 3am as they share your bed or won't stay in their bed.

If you are struggling with sleep, sign up for a one hour "Creating a dream sleeper" for toddlers' session. These small group sessions are ideal for expecting parents and those with children 2+ years of age. These interactive sessions with Courtney Zentz, founder, Tiny Transitions will also include time for your specific sleep questions to be answered.

*All registered participants will receive a Sleep Survival Kit, which includes information on how to deal with travel and vacations, daylight savings times, moving away from naps, how to transition to a big-kid bed and more, just for signing up!*

**REGISTRATION is REQUIRED and CLOSES on Monday, August 21. The cost is \$30 per person.** Please register on the website at [www.BRC4babies.com](http://www.BRC4babies.com) or call the office at 484-582-6682. All babies are welcome!

**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!

*\*\* 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.*