



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 OCTOBER 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, October 3rd | Monday, October 9th | Tuesday, October 17^t | Monday, October 23rd | Tuesday, October 31st

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 free 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 breastfeeding, bottle feeding, using a nipple shield or a supplemental nursing system. Come stop by, we would love to meet you!

Cruisers & Crawlers Support Group: 10:00 –11:30 am

Thursdays, October 5th, 12th, 19th and 26th

If your baby is 6 months old or older, plan to join us at this mommy-n-me meetup. 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. No IBCLC will be facilitating this Mommy-n-Me time.

TICKETS ON SALE NOW - ANNUAL BRC BASH

Our biggest fundraiser (and party!) of the year, the BRC Bash, will be held on Friday, October 6th, 2017 at Abington Art 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! Funds generated through this event help us provide free Support Groups and low-cost programming for our families.

Thank you 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 for support group, class and workshop schedules at all of our locations.*

Visit our website regularly for new classes & updates at 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.

Salus University Occupational Therapy will return to Abington on October 17th.

Salus University Occupational Therapy graduate interns, with facilitation by Drs. Lauren Sponseller and Caitlin Foy, will be offering one workshop this month. In addition, they will be available for one-on-one screening appointments, following the workshop, from 12:00-2:00 pm.

Safety First! Tips for Ensuring Infant and Toddler Safety in Your Environment

Tuesday, October 17th 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 ensure a safe environment for your baby. Occupational therapy graduate interns will lead this workshop, under the supervision of Drs. Lauren Sponseller and Caitlyn Foy. **All babies are welcome!**

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!

Infant Massage

Monday, October 2nd 10:00 am – 11:00 am

One of the many benefits of infant massage is mother-baby bonding. Baby massage also has been shown to be beneficial in assisting with overall growth and development, sound sleep, relaxation and reduced fussiness. Join Nikki Lee RN, BSN, MS, IBCLC, CCE, CIMI, ANLC, CKC for an introduction to great baby massage techniques, enjoyable for both mother and baby.

REGISTRATION IS REQUIRED and CLOSES on FRIDAY, September 29th. The cost is \$25 for mom and baby. Please register on the website at www.BRC4babies.com or call the office at 215-886-2433. All babies are welcome

Starting Solids: The Baby-Led Weaning Approach

Tuesday, October 10th 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 a FREE copy of *The Baby Led Weaning Cookbook!*

REGISTRATION IS REQUIRED and CLOSES on SUNDAY, October 8th. The cost is \$25 per individual and \$40 per couple. Please register on the website at www.BRC4babies.com or call the office at 215-886-2433. All babies are welcome!

Transition to Parenthood Group

Friday, October 13th 1:00 – 2:30 pm

Come join other new moms, and Kellie Wicklund, MA, LPC, NCP at the BRC for a Transition to Parenthood Group. Moms of 0-12 month olds are invited, and babies are welcome too. In a safe and supported environment we will check-in on how you are feeling, and explore the joys and challenges of new motherhood together. The group will use the following 6 topics (in rotation) as a guide for conversation and discovery.

1. The myth of the “perfect” mother vs. the “good enough” mother
2. Understanding PMAD’s (postpartum mood & anxiety disorders)
3. The essentials of self-care, sleep and support
4. Parenting and household equity in your partnership and family
5. Your body, sex, and intimacy after baby
6. Returning to work or not, leading into what’s next

REGISTRATION IS REQUIRED and CLOSSES on WEDNESDAY, October 11th. The cost is \$25. Please register on the website at www.BRC4babies.com or call the office at 215-886-2433. All babies are welcome! Please let us know if the registration fee is out of reach, some free spots will be available.

Kellie Wicklund is a Psychotherapist licensed to practice in the state of Pennsylvania, with a private practice in Abington, PA. She has 20 years of experience in the field, and 11 years in private practice. Kellie’s Master’s degree was earned at Eastern University in 2004, and she is credentialed by the North American Association of Masters in Psychology (NAAMP). Kellie’s experience with both private and community clients has nurtured her interest in the area of Reproductive Health Psychology- a specialty that acknowledges the complexity and trials of the developmental process of parenthood. She has extensive and specialized experience supporting women through their journey into parenthood, whether that be the hardship of infertility, the overwhelm of the postpartum period, or the profound grief following a loss. Also a regular part of her work, but not just specific to transitioning to parenthood are -- the challenges of relationships, dynamics of identity formation, family of origin, life transitions, mood / anxiety symptoms, and deeper questions about self. www.kelliewicklund.com

Special Support Group: “Not What I Was Expecting...When I Was Expecting!”

Tuesday, October 24th 10:00 am - 11:15 am

The journey of becoming a parent can evoke emotions, changes in relationships, and questions about oneself. It is an all encompassing, full-body experience - filled with incredible joys, but also baffling contradictions and challenges. For many parents, the mixture of sleep-deprivation, financial stress, work changes, role and relationship changes, and the demands of a baby can bring about unexpected disappointments and losses. Come and share your thoughts and experiences, listen to others and feel understood and supported. This group will be facilitated by Kellie Wicklund, MA, NCP, LPC - a licensed therapist specialized in Reproductive Mental Health.

This Support Group is FREE however, REGISTRATION is requested. Please sign up on the website at www.BreastfeedingResourceCenter.org or call the office at 215-886-2433. All babies are welcome!

Not Enough Milk? Low Milk Supply Support Group

Monday, October 30th 10:00 – 11:00 am

Are you experiencing a low milk supply? Would you like to talk with other mothers who are experiencing the same thing? Come join us for this informative support group. One of our amazing IBCLCs will be there to facilitate the group and answer questions.

This Support Group is FREE however, REGISTRATION is requested. Please sign up on the website at www.BreastfeedingResourceCenter.org or call the office at 215-886-2433. All babies are welcome!