



Breastfeeding Resource Center

www.BRC4babies.com

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BENSALEM OCTOBER 2017 SUPPORT GROUP, CLASS AND WORKSHOP SCHEDULE

FREE SUPPORT GROUPS

Support Group: Fridays 12:30-2:30pm October 6th, 13th, 20th & 27th

Come join us at our weekly support groups! This is a friendly and supportive atmosphere where you can connect with other local moms 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!

NEW TIME!! Cruisers and Crawlers/Mommy-n-Me: Fridays 10:00-11:30pm October 6th, 13th, 20th & 27th

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 local moms and babies. 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 this free Mommy-n-Me time!

*** Please note that The BRC has locations in Abington and King of Prussia for your convenience! Please check our website at www.BRC4Babies.com for support group, class and workshop schedules at all 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

Free Salus University Occupational Therapy Workshops & Screenings

Salus University Occupational Therapy graduate interns, under the direction of Dr. Lauren Sponseller, will be offering one workshop this month. In addition, they will be available for one-on-one screenings after the workshop. All moms and babies are welcome!

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

Friday, October 20th 1:30–2:30pm

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.

Free Salus University Speech-Language Pathology Department Workshops & Screenings

Master's students in the Speech-Language Pathology department, under the direction of Leah Morton, M.S., CCP-SLP, will be offering five Mommy-n-Me workshops this month. In addition, they will offer free speech, language and feeding screenings from 3:00-3:30pm for infants, toddlers, and preschoolers.

Developmental Milestones of Speech/Language for the Infant and Toddler

Monday, October 2nd 2:00-3:00pm

This group will focus on the important speech, language and social skills for typically developing infants and toddlers. The group will also focus on the benefits of baby sign language to facilitate communication (BRC Abington is offering a 10-week Sign Language Class where you can put this into practice). Parents will be provided with information about when to refer their child for speech/language services, if they are not meeting the appropriate milestones.

How to Help My Child Speak

Monday, October 9th 2:00-3:00pm

This group will provide parents with tips to encourage a child's speech and language skills. Parents will be provided with family-centered techniques, such as utilizing baby talk and narration, to encourage these skills. Parents will be provided with strategies to reinforce appropriate speech and language skills.

Cue-Based Breastfeeding

Monday, October 16th 2:00-3:00pm

This group will focus on parents getting rid of a schedule and following the baby's lead. Parents will be provided with cues that can alert them to changes in the child's behavior and signs of infant stress. Infant-guided interventions will also be provided.

FREE WORKSHOPS – CONTINUED

From Breastfeeding to Mealtime with the Family

Monday, October 23rd 2:00-3:00pm

This group will explore the transition from breastfeeding to foods for your infant and toddler. Parents will be provided with information on the appropriate ages to introduce various types of solid foods to their baby. The discussion will also focus on working with children that are picky eaters and have feeding aversions.

Play Time and Toys

Monday, October 30th 2:00-3:00pm

This group will explore the differences in playing with your child using traditional toys, e.g., blocks and cars, versus electronic toys to build language. The discussion will focus on how to integrate speech and language into playtime and will highlight current recommendations and research in this area.

CLASSES

Babywearing Basics Group Workshop

Wednesday, October 4th 1:00-2:30pm

Not sure how you feel about babywearing? Want life to be easier? Want to learn the benefits of babywearing and how to safely “wear” your baby? Then join us for a Babywearing Basics Workshop!

Bring your wrap, sling, or carrier for a personal consultation with Lynn Linahan, an experienced babywearer and CBWS Certified Babywearing Educator, who will show you how to use it! Not sure which one to buy? Lynn will be demonstrating 8 different types of carriers during this class so you can find the right carrier for your body and baby.

This class is \$25. Limit of 8 participating families (minimum 5).

Sign up at www.BRC4babies.com - look for the workshop on our event calendar or sign up directly through Lynn’s website at <http://lynlin.com/class-registration/#babywearing>.

Registration deadline is October 2nd! Be sure to choose BRC Babywearing Workshop to get the special \$25 price.

Pre-natal Breastfeeding class: EVERY SECOND WEDNESDAY of the month

Wednesday, October 11th 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. Open to all pregnant moms!

This class is FREE. Please register on our website at www.BRC4babies.com or call the Bensalem office at 267-520-0255. Registration deadline is 9am on the day of class!

Starting Solids: The Baby-Led Weaning Approach

Wednesday, October 18th 1:00-2:00pm

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 with the “Natural, No-Fuss, No-Puree Method”. This class will be taught by Christine Yip, MS, DTR, a Sodexo dietetic intern with a background in Clinical Nutrition, Food Studies and Public Health and Shannan Stewart who is also a Sodexo dietetic intern. Shannan completed her internship concentration in pediatrics and is interested in infant nutrition and growth assessment.

Cost is \$25 per person and \$40 per couple. Each participant will receive *The Baby Led Weaning Cookbook!*

Please register on our website at www.BRC4babies.com or call the Bensalem office at 267-520-0255.

Registration deadline is 9am on the day of class!

****Due to the generous funding from St. Mary, all patients seen at Mother Bachmann Maternity Center and/or Children's Health Center will be able to attend this class at no cost, and have the option to purchase the cookbook.**

Express Yourself

Wednesday, October 25th 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.

Registration deadline is 9am on the day of class!