



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 – OCTOBER 2017 SUPPORT GROUP & CLASS SCHEDULE

Support Group: Wednesdays from 10:00 am – 12:00 pm

October 4, 11, 18 & 25

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!

Cruisers & Crawlers Group: Fridays from 12:00 pm – 2:00 pm

October 6, 13, 20 & 27

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.

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 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

October 18 - 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 ensuring a safe environment for your baby. An occupational therapy graduate intern from Salus University, will lead this workshop, under the supervision of Dr. Lauren Sponseller. All babies are welcome!

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

CLASSES

INTRODUCTION TO BABYWEARING

10/3 - 11:15 am – 12:00 pm

10/18 – 12:00 pm – 12:45 pm

Having a baby is hard. Babywearing can make it a little easier. Join Kelly from Carrying Our Future (www.carryingourfuture.com), as she shares the benefits of babywearing and introduces and demonstrates the main types of carriers available on the market today. A selection of baby carriers will be available to try on during the last 15 minutes of class.

REGISTRATION FOR THESE CLASSES CLOSE THE DAY BEFORE THE SCHEDULED CLASS. The cost for the class is \$10. Please register on the website at www.BRC4babies.com or call the office at 484-582-6682.

YOGA AND MINDFULNESS FOR MOM AND BABY

10/26 – 10:00 – 11:00 am

In this introductory workshop, you will learn how yoga and mindfulness can help you to:

To keep your sanity when you are really tired and trying to take care of yourself and your baby
To learn poses to relax that aching back and shoulders from breastfeeding or carrying a baby
To connect with your baby while you both get a little exercise

REGISTRATION CLOSES on Thursday, October 26. The cost is \$20. Please register on the website at www.BRC4babies.com or call the office at 484-582-6682.

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.com for support group, class and workshop schedules at all our locations.*