



## 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 DECEMBER 2017

## SUPPORT GROUPS, WORKSHOPS & CLASSES

*All support groups, workshops and classes are held in our third floor education room! Please enter the building through the door at the ramp off of the parking lot and go up the stairs.*

### SUPPORT GROUPS

#### **Support Group: 10 am – 12 noon**

**Monday, December 4<sup>th</sup> | Tuesday, December 12<sup>th</sup> | Monday, December 18<sup>th</sup> | Tuesday, December 26<sup>th</sup>**

Come join us at our weekly FREE 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!

*IMPORTANT CHANGES for 2018: Beginning in January 2018, Support Group will meet on TUESDAY mornings from 10a – 12p. Everything else will remain the same and we apologize to those moms that may not be able to make Tuesdays.*

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

**Thursdays, December 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>**

If your baby is 6 months old or older, plan to join us at this weekly, FREE 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.

#### **SPECIAL SUPPORT GROUP: Not Enough Milk? Low Milk Supply Support Group**

**Wednesday, December 13<sup>th</sup> 10:00 am – 11:00 am (feel free to hang out afterwards)**

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

**REGISTRATION is REQUIRED**, however this group is **FREE** to attend. Please register on the website at [www.BRC4babies.com](http://www.BRC4babies.com) or call the office at 215-886-2433. All babies are welcome!

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

## **SPECIAL SUPPORT GROUP: “Not What I Was Expecting...When I Was Expecting!”**

**Tuesday, December 19<sup>th</sup> 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](http://www.BreastfeedingResourceCenter.org) or call the office at 215-886-2433. 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 receive 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!

### **Introduction to Sleep Training: Babies 6-18 Months**

**Monday, December 4<sup>th</sup> 6:30 pm - 8:00 pm**

Doesn't sleep training mean leaving your baby to cry it out for hours until they fall asleep from pure exhaustion? No! Sleep training is a safe and effective method of helping babies learn to fall asleep and stay asleep overnight and during naps. Andrea Elovson, Certified Gentle Sleep Coach and Founder of Sleepy Bug, guides you through the steps of three different sleep training methods. Participants will learn to implement their chosen plan and to overcome common stumbling blocks. Other topics include: when to begin sleep training, how long the process takes to work, co-parenting for sleep training success, breastfeeding and sleep training, and securing a safe, sleep environment.

**REGISTRATION CLOSES on THURSDAY, NOVEMBER 30<sup>th</sup>. The cost is \$35 per person or \$50 per couple (spouse, partner, grandparent, etc.). Please register on the website at [www.BRC4babies.com](http://www.BRC4babies.com) or call the office at 215-886-2433. All babies are welcome!**

### **Baby Sleep Solutions: Babies 0-6 Months**

**Tuesday, December 5<sup>th</sup> 10:00 am – 11:30 am**

Are you frustrated and exhausted by the contradictory sleep advice from books, family and the internet? Join Andrea Elovson, Certified Gentle Sleep Coach and Founder of “Sleepy Bug,” for this supportive and informative seminar for babies ages birth to six months. Come learn safe, gentle and effective sleep techniques that you can start using immediately to lengthen your baby’s sleep both at naptime and overnight. Additional topics include transferring baby to a crib, easing the transition back to work and getting moms the sleep they need, too!

**REGISTRATION CLOSES on FRIDAY, DECEMBER 1<sup>st</sup>. The cost is \$35 per person or \$50 per couple (spouse, partner, & grandparent). Please register on the website [www.BRC4babies.com](http://www.BRC4babies.com) or call the office at 215-886-2433. All babies are welcome!**

## **Starting Solids: The Baby-Led Weaning Approach**

**Thursday, December 7<sup>th</sup> 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 CLOSING on WEDNESDAY, December 6<sup>th</sup>.** The cost is \$25 per individual and \$40 per couple. Please register on the website at [www.BRC4babies.com](http://www.BRC4babies.com) or call the office at 215-886-2433. All babies are welcome!

## **\*\*NEW\*\* Transition to Parenthood Group**

**Friday, December 8<sup>th</sup> 1:00 – 2:30 pm**

We are SO excited to offer this fabulous opportunity to our families. Come join other new moms, and the amazing 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 uses 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, leaning into what’s next

This month’s topic is PMADs – Postpartum Mood and Anxiety Disorders. Is it just “Baby Blues”? Get answers to your questions in this safe and supportive workshop!

**REGISTRATION IS REQUIRED and CLOSING on WEDNESDAY, December 6<sup>th</sup>. The cost is \$25. Please register on the website at [www.BRC4babies.com](http://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. 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](http://www.kelliewicklund.com)