



## 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  
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# BENSALEM DECEMBER 2017 SUPPORT GROUP AND CLASS SCHEDULE

## FREE SUPPORT GROUPS

### Support Group: Fridays 12:30-2:30pm December 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup>

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!

**\*\*IMPORTANT TIME CHANGE: SUPPORT GROUP TIME FOR DECEMBER 22<sup>nd</sup> is 10:00-11:30am!\*\***

### Cruisers and Crawlers Play Group: Fridays 10:00-11:30pm December 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 29<sup>th</sup>

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 play group!

**\*\*PLEASE NOTE: CRUISERS AND CRAWLERS WILL NOT BE HELD ON DECEMBER 22<sup>nd</sup>\*\***

*\*\* Please note that The BRC has locations in Abington and King of Prussia for your convenience! Please check our website at [www.BRC4Babies.com](http://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](http://www.BRC4babies.com).

## CLASSES

### Babywearing Basics Group Workshop

Wednesday, December 6<sup>th</sup> 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 mini 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 participants(minimum 5).**

Sign up at [www.BRC4babies.com](http://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 December 4<sup>th</sup>! Be sure to choose BRC Babywearing Workshop to get the \$25 price.**

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

Wednesday, December 13<sup>th</sup> 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](http://www.BRC4babies.com) or call the Bensalem office at 267-520-0255. Registration deadline is 9am on the day of class!**

### Understanding Your Baby’s Behavior: *What to Expect: Pregnancy and Early Infancy*

Wednesday, December 20<sup>th</sup> 1:00-2:00pm

What does it really mean to “sleep like a baby?” How do I know if my baby is hungry, tired, or just needs something to be different? How can I calm my crying baby? This workshop will help parents understand normal infant behavior. This class will provide tips to help new parents find solutions to the common concerns of sleep, cues and crying.

**Registration is required on our website at [www.BRC4babies.com](http://www.BRC4babies.com) or call the Bensalem office at 267-520-0255. Registration deadline is 9am on the day of class! Cost is \$10. FREE to Mother Bachmann and CHC moms!**

### Express Yourself

Wednesday, December 27<sup>th</sup> 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!

**Registration is required on our website at [www.BRC4babies.com](http://www.BRC4babies.com) or call the Bensalem office at 267-520-0255. Registration deadline is 9am on the day of class! Cost is \$10. FREE to Mother Bachmann and CHC moms!**