



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 – DECEMBER 2017 SUPPORT GROUP & CLASS SCHEDULE

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

December 6, 13, 20, 27

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

December 1, 8, 15, 22, 29

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

Babywearing on the Main Line Support Group from 1:00 pm – 3:00 pm

December 5 & 19

Come to learn about proper babywearing techniques and safety, see the various types of baby carriers available on the market, try on new carriers, ask for feedback on your carrier from a professional babywearing educator, and so much more. Come for support, come for help, come for friendship... come find your tribe.

All workshops and screenings are FREE and NO REGISTRATION is required. Please see below for details, or check our website at www.BRC4Babies.com.

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

CLASSES

ALL ABOUT YOUR RING SLING

December 5 - 10:30 am – 12:00 pm

You've got the ring sling and it seems like it should be easy... but you just can't get it right! Ring slings should be quick, easy, and COMFORTABLE – our instructor, Kelly, is going to teach you how to make that so! I will review basic babywearing safety, then we will cover the ring sling in depth. Common problems, their cause, and solution. If you have a ring sling and have been frustrated with how to wear it properly, this is the class for you!

The cost for the class is \$30. To register, please go to our Events Calendar on the website at www.BRC4babies.com or call the office at 484-582-6682. WALK-INS ARE ALSO WELCOME!

BABY SLEEP SOLUTIONS

December 7 – 10:00 – 11:30 am

Join Erica Desper, Certified Pediatric Sleep Consultant for a Q & A session to learn the most common causes of sleep issues as well as solutions. Learn what normal sleep looks like, how it changes as baby grows and how to encourage healthy sleep patterns from the start. She will also discuss common sleep challenges including bed and nap time battles, short naps, frequent night waking and how to gently wean away from rocking and nursing to sleep.

The cost for the class is \$20. To register, please go to our Events Calendar on the website at www.BRC4babies.com or call the office at 484-582-6682. WALK-INS ARE ALSO WELCOME!

INFANT/BABY CPR

December 14 – 6:30 – 8:30 pm

Learn how to perform CPR and deal with breathing emergencies or blocked airways. We will be using infant manikins and also watching while practicing the skills you will need to perform the techniques as taught by American Red Cross Instructor Denise Orsulak.

The cost for this class is \$70. To register, please go to our Events Calendar on the website at www.BRC4babies.com or call the office at 484-582-6682.

BACK CARRIES INTENSIVE

December 20 – 12:15 pm – 1:45 pm

This class is for those caregivers who have already been wearing their babies for several months and are ready to get their baby onto their back in order to get more work done! This class is appropriate for the experienced babywearer, and children must be at least 6 months of age (I prefer older than 8 months) to attend the class and go onto your back.

The cost for the class is \$30. To register, please go to our Events Calendar on the website at www.BRC4babies.com or call the office at 484-582-6682. WALK-INS ARE ALSO WELCOME!

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!

