



## 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 FEBRUARY 2018 SUPPORT GROUP, CLASS AND WORKSHOP SCHEDULE

## FREE SUPPORT GROUPS

### Support Group: Fridays 12:30-2:30pm February 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</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!

### NEW TIME!! Cruisers and Crawlers/Mommy-n-Me: Fridays 10:00-11:30pm February 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</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 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](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).

## **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](http://www.BRC4Babies.com)

### **Free Salus University Occupational Therapy Workshops & Screenings**

*Salus University Occupational Therapy graduate interns, under the direction of Dr. Lauren Sponseller and Caitlyn Foy will be offering workshops through March. In addition, they will be available for one-on-one screenings from 10:30-1:30 on Fridays. All moms and babies are welcome!*

#### **Returning to work...and making it work for you!**

**Friday, February 2<sup>nd</sup> 1:30-2:30pm**

As the day you return to work draws nearer, you may begin to feel anxious about leaving your little one to be cared for by someone else. Know that you are not alone! Many parents feel this way. We will also discuss what you are entitled to at work as a nursing mom who will need to pump and store milk. **This class is FREE. No registration required.**

#### **New Baby, New Plan: Role Transition and Establishing New Routines**

**Friday, February 9<sup>th</sup> 1:30-2:30pm**

Do you need some tips to create new routines and manage your role changes? These tips can help the entire family! Do you remember when your baby cried until the breast was in their mouth, but now, when you put them in the nursing position, they stop crying? They know that being in that position means they will be fed soon. We can teach you some activities to help baby establish a routine like this in many of your daily routines. Other families can learn them which allows the baby to enjoy daily routines with all members of the family. **This class is FREE. No registration required.**

#### **Infant Massage & Your Bedtime Routine**

**Friday, February 16<sup>th</sup> 1:30-2:30pm**

Studies have shown that infant massage by an infant's mother has a host of benefits for mother and baby. Infant massage, when done regularly, decreases maternal depression, encourages infant weight gain, and increases melatonin, a hormone which regulates babies' sleep cycles. We will teach you how to give your baby a massage and also discuss how to create a bedtime routine that works for the whole family. **This class is FREE. No registration required.**

#### **Pain Is No Joke: Proper Body Mechanics For The New Mom**

**Friday, February 23<sup>rd</sup> 1:30-2:30pm**

Did you know breastfeeding mothers have increased risk of developing carpal tunnel syndrome and tendonitis due to repetitive wrist motions? Are you having some pain? Through discussion and modeling, this course will cover proper body mechanics and energy conservation techniques to prevent injury and address pain during breastfeeding, diaper changing, lifting, and other daily activities of motherhood. **This class is FREE. No registration required.**

## **CLASSES**

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

**Wednesday, February 14<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 Tuesday 2/13/18.**

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

**Wednesday, February 21<sup>st</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.

**Cost is \$10. 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 Tuesday 2/20/18.**

### **Express Yourself**

**Wednesday, February 28<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!

**Cost is \$10. 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 Tuesday 2/27/18.**