



Breastfeeding Resource Center

www.BRC4babies.com

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KING OF PRUSSIA – FEBRUARY 2018 SUPPORT GROUP & CLASS SCHEDULE

Support Group: Wednesdays from 10:00 am – 12:00 pm - February 7, 14, 21, 28

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. 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!

Salus University Occupational Therapy Workshops & Screenings

Salus University Occupational Therapy graduate interns, with facilitation by Dr. Lauren Sponseller and Caitlyn Foy will be offering a variety of workshops this month. In addition, they will be available for one-on-one screening appointments, following the workshops, from 12:00-2:00 pm. **All these workshops are FREE. No registration required. All babies are welcome!**

February 7 - New Baby, New Plan: Role Transition and Establishing New Routines

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? 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.

February 14 - Infant Massage & Your Bedtime Routine

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.

February 21 - Pain Is No Joke: Proper Body Mechanics For The New Mom

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.

February 28 - How Can Something So Cute Cause So Much Stress?

You love your baby. We know you do. But, you have to admit, the little sweetheart has increased your stress level, right? We will discuss common experiences and feelings related to motherhood. We'll help you with some coping strategies to manage stress. We'll also be discussing your new identity as a mother. Some find it easier than others. There are some great ways to cope with this role change.

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

Cruisers & Crawlers Group: Fridays from 12:00 pm – 2:00 pm - February 2, 9, 16, 23

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 - February 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.

CLASSES

BABY SLEEP SOLUTIONS - February 6 – 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. **The cost for the class is \$25.** 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 WELCOME!**

INTRODUCTION TO BABYWEARING - February 12 – 11:30 am – 1:00 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. **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 WELCOME!**

WHY CAN'T I MAKE ENOUGH MILK? - February 13 – 10:00 – 11:00 am

Whether you have a perceived or confirmed low milk supply, this class will provide the resources you need to make a decision about your infant feeding options while supporting you along the way. During this class our lactation consultant, Michelle Hudasko, will discuss everything from feeding frequency and routines to maternal developmental milestones, birth experiences, and hormone imbalances. Nothing is black and white in life or lactation. This class aims to inform women of their options and discuss milk boosting plans and expectations. **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 WELCOME!**

SURVIVING INFANT COLIC - February 19 – 10:00 – 11:00 am

If you have spent countless hours of your day trying to soothe your baby, this class is for you! Often, babies who are exceptionally fussy are labeled as "colicky". During this class our lactation consultant, Michelle Hudasko, will discuss various factors that may be contributing to your baby's "colic". Come share any helpful tips and tricks that have worked for you and your fussy baby with other parents. This class lends to be a huge emotional support for parents feeling exceptionally burned out by their little bundles of joy. **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 WELCOME!**

WRAPPING YOUR INFANT - February 26 – 11:30 am- 1:30 pm

This class is suitable for anyone who is interested in learning to wear a baby that is 0-9m (welcome Moms, Dads, Grandparents, Nannies, etc... anyone who takes care of an infant!) Come and learn about the benefits of wearing your baby in a wrap. If you own a wrap, please bring it. Wraps and professionally weighted demo dolls will be provided for practice. A selection of carriers are available for sale before and after class. **The cost for the class is \$40.** 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 WELCOME!**

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