



Breastfeeding Resource Center

www.BRC4babies.com

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KING OF PRUSSIA – MARCH 2018 SUPPORT GROUP & CLASS SCHEDULE

Support Group: Wednesdays from 10:00 am – 12:00 pm - March 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!**

March 7 - Safety First! Tips for ensuring infant and toddler safety in your environment

You play an important role in ensuring your child's safety. Whether you're concerned about your infant putting something harmful in their mouth, or keeping your crawling toddler out of harm's way, we will discuss tips and tricks to ensuring a safe environment for your baby.

March 14 - Sibling Adjustment to New Baby

Having a new baby in the house is an adjustment for everyone. Siblings, especially, may have a more difficult time adapting. We will provide different strategies to make the addition of the new family member easier on both parents and children. We will also discuss the effect of birth order on children's emotional and personality development, and how this affects family dynamics.

March 14 - Post-Partum Discussion with Catherine Apicella from CORE 3

Did you know 92% of women who are incontinent at 12 weeks postpartum will still be incontinent at 6 yrs? Come learn about effective pelvic floor strengthening postpartum from pelvic floor therapist Catherine Apicella from CORE 3 Physical Therapy.

March 21 - Out and About with Baby

Getting out of the door is sometimes easier said than done! We will discuss tips and tricks to make getting out of the house with your baby less stressful. We will provide you with community resources, local events, activities, and attractions for the entire family. We also encourage you to share strategies that have worked for you with other moms.

Cruisers & Crawlers Group: Fridays from 12:00 pm – 2:00 pm – March 2, 9, 16, 23, 30

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.

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

CLASSES

WHY CAN'T I MAKE ENOUGH MILK? - *March 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!**

BABY SLEEP SOLUTIONS – *March 20 – 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!**

STARTING SOLIDS: THE BABY-LED WEANING APPROACH - *March 27 – 10:00 – 11:00 am*

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. Michelle Hudasko, one of our IBCLCs will be facilitating this informative and lively class. **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!**

Each participant will receive The Baby Led Weaning Cookbook!

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