

BREASTFEEDING YOUR NEWBORN

Breastfeeding helps ensure normal good health for your baby. Breast milk is the human baby's normal food.

This is a two hour **prenatal** class taught by an International Board Certified Lactation Consultant (IBCLC) discussing the importance of breastfeeding. The class provides current research based on breastfeeding. A few of the topics to be discussed include: prenatal preparation, getting off to a good start, normal newborn behavior, nutrition, and measures to prevent problems.

To register, please complete this form.

- **You will be registered upon receipt of this form.**
- **You will receive a reminder call a few days before class date.**

○ Checks Payable to: Best Beginnings Lactation Services

○ Mail to: Best Beginnings Lactation Services

2904 Shamrock North

Tallahassee, Fl 32309

Contact us at: (850) 668-2119

There will be a \$5.00 processing fee for cancellations

Name: _____

Address: _____

Telephone (home) _____ (cell) _____ (wk) _____

Doctor/Midwife _____ Due Date _____

Support person strongly encouraged to attend

Name of support person _____

Class is held from 6:30 PM to 8:30 PM

Class is held at 2626 Care Drive in meeting room.

Please check out Class dates and Class fee on www.best-begin.com calendar.

Please fill in desired class date _____

Send form and payment to above address.

Paid _____

Called _____