



“Breastfeeding: How It Works”

A complete and easy-to-follow breastfeeding course offered for new moms and dads, taught by:

Tess Johnson, RN, PHN, IBCLC

Offered privately, in the comfort of your own home, by appointment.

\$50.00 per couple

In this class, you will:

- Learn about many benefits of breastfeeding
- Practice the best positions for easy latch-on
- Watch how skin-to-skin time helps babies learn
- Recognize how to avoid common problems
- Understand how to tell if baby is getting enough
- *Gain confidence!*

Call Tess at 905-6635 to register today!