



Prenatal Breastfeeding Class

Prepare for a successful nursing experience

Topics to be discussed include:

- Benefits and myths about breastfeeding.
- How to latch and position your baby.
- What to expect with breastfeeding your newborn, ensuring you will have a great milk supply.
- **Infant Cues:**
 - How to know when your baby is getting enough.
 - Recognizing when your baby is hungry.
- Who to call when you need help.



October 15, 2018
4:30 – 6:30 pm
Mercy Mt. Shasta
Shasta Room

Class will be taught by:

Jenna Henson Marshall, IBCLC, RD

Register by phone 520-926-8405 or email:

jenna.hensonmarshall@dignityhealth.org

Refreshments will be served.

Next available class will be offered on
December 10, 2018



Dignity Health.
Mercy Medical Center
Mt. Shasta

Hello humankindness.