

## Lactation Classes

### Chest/Breastfeeding Basics



For the Expectant Parent

This prenatal lactation class is designed for soon-to-be and experienced parents. Babies are born to latch, but it doesn't always occur naturally and can take guidance and practice. We invite you to learn about the basics of infant feeding to help support you in all your feeding decisions. You will gain information about latch, positioning, possible challenges, troubleshooting tips and so much more. This comprehensive class will help you understand what to expect in the early hours, days, and weeks with your new infant. Partners/support persons are encouraged to attend. This class is an intentional safe space for all LGBTQ+, polyamorous and non-binary families/people.

**Time:** 10:00 am- 1:00 pm

**Dates:** Jan. 16 | Feb. 20 | Mar. 20 | Apr. 17

**Location:** Zoom

### Back to Work



After Baby

Are you a breastfeeding or pumping mother returning to work? This class is designed to help families through this new phase of parenting with information, strategies, tips, and planning to help create balance at work and home. You will gain knowledge and tools that address the physical and emotional challenges of this new transition. We invite and encourage you to bring your partner/support person and baby. This class is most beneficial to attend after your baby is born.

**Time:** 5:30-7:30 pm

**Dates:** Jan. 14 | Feb. 11 | Mar. 11 | Apr. 8

**Location:** Zoom

We welcome non-patients of PANW. There is no cost for classes, however, registration is required. Please call our office to register (503) 968-3480.

All classes are taught by Board-Certified Lactation Consultants (IBCLCs)