BREASTFEEDING YOUR NEWBORN

Breastfeeding, the optimum nutrition for your baby and recommended by the American Academy of Pediatrics

This two hour prenatal class is taught by a Board Certified Lactation Consultant. The class provides current, research based information on breastfeeding. A few of the topics to be discussed include: prenatal preparation, getting off to a good start, positioning, nutrition and measures to prevent problems.

To register please complete the form.
Make check payable to:
Best Beginnings
$ 20.00
Mail to:
Best Beginnings
2904 Shamrock N.
Tallahassee, FL. 32308
(850) 668-2119

Name:

Address: _____
Street City Zip

Telephone(Daytime)_____ (Evening)_____

Doctor/ Midwife Due Date

Indicate choice of class date for 2001. Class time is **6:30p.m. - 8:30 p.m.**
April 17th____ May 24th____ June 19th_____ July 18th_____
August 21st____ Sept. 24th____ Oct. 24th_____ Nov. 19th_____ Dec. 19th
Support person is strongly encouraged to attend
Name of support person: _____

You are registered upon receipt of registration. Class is held in the North Florida Women's Care office. You will receive a reminder call a few days before class date.