

Breastfeeding and Work Let's Make it Work!

Breastfeeding Support Group For the Working Mom

Medical Arts Building- Room 105 Bayfront Health Spring Hill Hospital

Thursday, August 6th **Preparing to return to work**

- Breastfeeding Rights
- Talking to your Employer
- Manual expression and Manual Pumps
 - When to start to pump

Thursday, August 13th **Getting off to a good start**

- Choosing a pump
- Pacifiers and bottles
- Paced bottle feeding

Thursday, August 20th **Pumping Plans/Schedules**

- Pumping plan
- Reverse cycle nursing
- Tips for talking to employer and child care provider

Thursday, August 27th **World Breastfeeding Celebration**

- Share your breastfeeding journey
 - Photo shoot
 - NURSE IN

Sponsored by Hernando County WIC



For more information call: (352) 540 - 6924