



ROC CITY BABY CAFÉ PRESENTS

What To Know About Breastfeeding Before Your Baby Arrives

1st Wednesday Of Every Month 5-6:30pm



Join the conversation

Please join us for a discussion about breastfeeding basics and tips for achieving your infant feeding goals, including:

- Benefits of Skin-to-Skin
- Normal Newborn Behavior
- BF Facts Vs. Myths
- Positioning & Latch Techniques
- Making & Maintaining Milk Supply
- Addressing Common Concerns
- How To Obtain A Breast Pump

Audience: Any Expectant Parent considering Breastfeeding.

Questions? Please contact:

Amy Saglibene-Parmelee, RN, BSN, IBCLC
585.974.5186 (M,W,F)

HOW TO JOIN

To Register for this FREE Event, please go to:



<https://tinyurl.com/prenatalbabycafe>



Creating
Breastfeeding Friendly
Communities



ROCHESTER
REGIONAL HEALTH