



## pre-natal breastfeeding class

Breastfeeding is the natural way to feed your baby, yet the skill of feeding your baby at the breast is learned.

Come discuss the following questions:

- How will I help my baby breastfeed well?
- What kind of behavior can I expect from my newborn baby?
- How will I know my baby is getting enough milk?
- How will I avoid or treat breastfeeding related pain?
- What kind of challenges might I face in the first few weeks following my baby's birth?
- How will breastfeeding affect my lifestyle?
- Where will I get help or support if I need it?



**Nan Tolbert Nurturing Center**  
**555 Mahoney Ave, Room 2, Oak View**

Saturday, June 27, 9:30am – 12:00pm  
Monday, July 13, 6:30pm – 9:00pm  
Saturday, August 22, 9:30am – 12:00pm

**Ventura Birth Center**  
**3458 Loma Vista Rd, Ventura**

Tuesday, June 23, 6:30pm – 9:00pm  
Saturday, July 18, 9:30am – 12:00pm  
Monday, August 17, 6:30pm – 9:00pm

***\$30 covers mother and partner or support person for the 2 1/2 hour class***  
***To reserve a spot, call or e-mail Mothers Guild:***  
***805-570-1595, [info@mothersguild.net](mailto:info@mothersguild.net)***

Darcy Wronkiewicz, owner of Mothers Guild, is a certified doula (labor support person), birth educator, and lactation counselor serving families in Ventura, Santa Barbara and adjacent cities.