

BREASTFEEDING GOOD FOR BABY & GOOD FOR MOM



One of the decisions you'll make as a parent is how to feed your baby. There are many health benefits of breastfeeding for you and your baby.

Benefits for Baby

- Naturally soothes your baby
- Has the right amount of nutrition to help your baby grow
- Decreases the risk of Sudden Infant Death Syndrome (SIDS)

Benefits for Mom

- Helps with recovery after childbirth
- Creates a unique bonding experience with your baby
- Prevents depression after birth and reduces certain cancers and diabetes

WANT TO LEARN MORE?

CelebrateOne is now offering FREE in-person lactation classes with certified diversity lactation instructors.

In this class you will learn:

- Benefits of Breastfeeding
- Preparing for the Journey
- Educating Your Support Team
- Hunger Cues
- Position and Latch
- Common Concerns
- Returning to Work/ Breastfeeding Rights
- Proper Storage
- Resources and Education

CLASS SCHEDULE

All classes will be
held from 1 – 3PM

JUNE 6

AUG 8

JUNE 22

AUG 24

JULY 11

SEPT 12

JULY 27

SEPT 28

1111 E BROAD ST.
COLUMBUS, OH



REGISTER TODAY!

tinyurl.com/Lactation-Education

