

Thursday, January 2

- January 2025 Breastfeeding and Prenatal Class - 1:00pm

Thursday, January 9

- Latch with Love: IBCLC and Peer Breastfeeding Support - January 2025 - 10:00am

January 2025 Breastfeeding and Prenatal Class

Time: 1:00pm

Part of the excitement and joy of pregnancy is delving into the new tasks you'll need to master when your baby arrives, including infant bathing, safety and wellness, breastfeeding and more! We love helping families welcome new babies with confidence through our breastfeeding and prenatal classes. All classes are hosted by Ashley Hoseclaw, MSN, RN, IBCLC Perinatal Educator and Lactation Consultant.

Breastfeeding class topics Include:

- How to prepare for breastfeeding
- Benefits of breastfeeding
- What to expect in the first 24 hours
- Breastfeeding basics
- Breast pumps and milk storage
- Kangaroo care

Prenatal topics Include:

- Getting ready for delivery
- True labor vs. False labor
- Discomforts of pregnancy
- Choices of pain management
- Vaginal or Cesarean delivery
- Understanding your hospital delivery
- Infant health, wellness and safety
- Basics of newborn care

Full class with both components takes about 3 hours.

Classes are free of charge. Please register in advance so we can save your spot!

For questions or more information, call 606.678.3176 or 606.678.3145 or visit us online at LakeCumberlandHospital.com/women-and-children.

Thank you for registering for our upcoming Breastfeeding and Prenatal Class. Having a baby is one of the most exciting and rewarding times in a woman's life and Lake Cumberland Regional Hospital is dedicated to providing expectant mothers and newborns with the finest care during this special time.

If you have questions or need to cancel your registration, please call 606.678.3176 or 606.678.3145.

We have a time set aside monthly for prenatal/breastfeeding classes. If these dates/times don't meet your needs, please reach out to our lactation consultant, Ashley, at ashley.hoseclaw@lpnt.net or 606-678-3176 to discuss alternatives.

Latch with Love: IBCLC and Peer Breastfeeding Support - January 2025

Time: 10:00am

The LCRH “Latch with Love” program offers free, drop-in, informal breastfeeding support, including professional lactation care. This provides breastfeeding families an opportunity for social connection as they navigate challenges and celebrate successes together.