

# Join Our Virtual Lactation Education Classes!

Maternity Care Coalition (MCC) offers lactation education for prenatal and postpartum families.

MCC families and community members are invited to join our weekly virtual classes.

**Register Here:**



[bit.ly/DoulaandLactation](https://bit.ly/DoulaandLactation)



## **PRENATAL LACTATION CLASS:**

- Covers the basics of lactation including: benefits of human milk and lactation, how lactation works, proper position and identifying a good latch, importance of partner support, and troubleshooting common lactation concerns.



## **BEYOND THE BASICS CLASS:**

- Covers information regarding pumping, returning to work/school, maintaining milk supply, feeding older babies and weaning.
- This class is perfect for those who have already completed the Prenatal Lactation Class, have mastered the basics, and are ready for the next steps.



## **SAFE INFANT FEEDING CLASS:**

- This class covers safe infant feeding techniques, including bottle feeding and lactation.
- The perfect class for pregnant families and new parents with infants up to 6 weeks of age or anyone interested in learning the most up-to-date information about safe infant feeding guidelines.

  @maternitycarecoalition

 [www.maternitycarecoalition.org](http://www.maternitycarecoalition.org)