



**Baystate
Health**

759 CHESTNUT ST, SPRINGFIELD, MA 01199
(413) 794-5307

Wesson Women's Bosom Buddies Breastfeeding Get-Togethers Every 2nd Saturday of the Month 11AM to 1PM



BreastFeeding Prenatal Curriculum

• STARTING THE CONVERSATION

- WHY and CAN I breastfeed
- Balancing benefits and problems of breastfeeding
- Setting of breastfeeding goals
- Breastfeeding: Myths and Reality
- Support of others during breastfeeding

• GETTING READY TO BREASTFEED

- The KNOWS about breastfeeding:
 - Skin to Skin
 - Feeding cues
 - Overcoming challenges (breastfeeding in public, returning to school/work)
 - Revisiting breastfeeding goals/confidence/support
 - Introduction to BMC Lactation Department Resources

• UNDERSTANDING HOW BREASTFEEDING WORKS

- Pathophysiology of how body makes milk / what's in milk / low milk supply
- Latching on / breastfeeding positions
- Care for breasts (review of mastitis / cracked / sore nipples)

• FINAL WORD/REVIEW/QUESTIONS

- Breastfeeding Stories: Fun simple breastfeeding case scenarios to review with group

