



Prenatal and Breastfeeding Classes

Breastfeeding Basics – Vermont Department of Health

First Wednesday of each Month, 1pm – 2pm

Vermont Department of Health – WIC Office, Bennington

Are you planning to nurse? Not quite sure? Breastfeeding is a special time for mother and child. But like any new skill, breastfeeding will be more successful with early preparation. This class will help you feel more confident with the skills needed to begin your breastfeeding experience. Learn about the benefits of breastfeeding, what to expect in the first days of breastfeeding your newborn, position options, helpful equipment, overcoming challenges and more. This is a fun and engaging way to learn how to get a good start in the hospital and early weeks. Light refreshments. Partners, friends, family members welcome! Call 447-6411 for more information.

Secrets of Baby Behavior

Every Other First Wednesday of the Month, 12pm – 1pm

Vermont Department of Health – WIC Office, Bennington

It can be hard to know what your newborn baby is trying to communicate to you when he/she can't talk!! Understanding your baby can help you feel less stressed and more confident in caring for your newborn. Learn how to recognize hunger cues, sleep patterns, reasons for crying and solutions to common concerns. For more information or to preregister, call 447-6411. Dads and grandparents welcome! Check out www.secretsofbabybehavior.com for more baby behavior tips.

Back to Work or School & Breastfeeding

Every other Fourth Tuesday of the Month, 1pm – 2pm

Vermont Department of Health – WIC Office, Bennington

Going back to work or school doesn't mean breastfeeding must end. There are many ways you can make it work for you. Topics include pumping and storing your milk, maintaining a good milk supply, working with your childcare provider and how to talk with your human resource manager, supervisor or student advisor about your needs when returning to work or school. Babies are welcome in class! Call 447-6411 for more information and to preregister.