

Mama Milk Circle



Bring your baby and join area moms to share knowledge, build a support system, and gain up-to-date infant support information.

Discussions will be led by lactation experts from the FHN/SCHD Breastfeeding Task Force.

Topics include:

- postpartum adjustment
- feeding and burping
- sleeping
- gas and colic
- newborn routines
- soothing fussy babies
- exclusive pumping

There will be opportunities to speak with area experts about questions you have.

Mama Milk Circle Infant Support Group

2nd & 4th Thursdays • 4:00 p.m.

Freeport Public Library, 100 E. Douglas Street

Siblings and partners are welcome • Small gifts for first time attendees