

## Lactation Class

Sunday, June 9<sup>th</sup> at 10am



The Lactation class focuses on: \*Breastfeeding as part of normal infant nutrition and development \* Reading and understanding infant's feeding cues\* Attachment and latch-on positions \* Pain free breastfeeding\* Establishing and maintaining adequate milk supply\* Weight gain and growth patterns of breastfed infants\* Milk expression and return to employment\* Introduction of solid foods\* Maternal diet during breastfeeding

## Picky Eaters Workshop

Sunday, June 23<sup>rd</sup> at 10am



The Picky Eaters Workshop is for families who are having difficulties during mealtimes for a variety of reasons. Caregivers will learn powerful ways to: - Alleviate food aversions to taste- Alleviate food aversions to texture- Avoid or eliminate tube feedings- Increase the variety of foods your child will eat- Decrease mealtime stressors such as dawdling and trouble sitting at the table- Improve self- feeding skills to foster independence during meals- Identify oral motor delays inhibiting safe and efficient feedings