

March 2019 Calendar of Events- Brooklyn

Lactation Class

Sunday, March 10 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, March 24 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