

# Virtual Community Education Series



Join us for a highly interactive education series to provide you with the tools needed during your pregnancy and beyond. All sessions are from 6:00 - 7:30 pm.

## GETTING A GOOD START ON BREASTFEEDING/ CHESTFEEDING:

### Making Enough Milk for your Baby February 10, April 14, & August 11

Worried about having enough for baby? Join us to learn key tips for starting out strong and how to stay strong during your journey.

- What to expect when breastfeeding at the hospital
- How much is enough?
- Nutrition
- What's normal
- Positioning and Latch



Registration: <https://nhrmc.zoom.us/j/97937124561?pwd=RDdrTCtsQ2QvZnRFWDJPMVBwMlhOdz09>

## WHAT IS A DOULA?

### March 14, June 13, & September 12

Thinking about having some extra support? Join us for an engaging experience around the roles of a Doula.

- Differences in a birth doula, postpartum doula, and antepartum doula
- What type of support they provide
- Where to find them
- Is a doula right for you and your family



Registration: <https://nhrmc.zoom.us/j/94384927866?pwd=RFBtT3Z5dzV6bEdEdDJ4RjRjR1JZdz09>

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