



Branford Pediatrics

= & Adolescent Medicine =

784 E. Main St. Branford, CT 06405 203-481-7008 Fax 203-483-8786

We strongly encourage our Breastfeeding Class for all of our new moms and dads.

We are happy to offer this free of charge.

To set up your one-on-one class time, please call Linda Rooney, RN, IBCLC at 203-481-7008—she has wide flexibility in scheduling class time, offering morning, afternoon and evening appointments. The suggested time to take the class is 3 to 4 weeks prior to the due date.

At the class, Linda focuses on the first week of a baby's life, reviewing topics such as what to expect each day, cluster feeding, positioning and latch, appropriate times to pump, normal infant sleeping patterns, and best times to enjoy visitors in the hospital and at home. If there are special concerns, it is a good time to review and address them.

She encourages dads to join moms for the class—there is a lot of cooperation and learning in the first week and it's invaluable for both mom and dad to have as much knowledge as they can!