

PENN HIGHLANDS DUBOIS

MOM-TO-MOM BREASTFEEDING CONNECTION

Breast is Best and You're Not Alone!



Do you have questions or helpful hints in:

- Pumping and storage of breastmilk.
- Baby latching on.
- Preventing and caring for sore nipples.

Do you have questions concerning:

- Baby nursing/eating enough.
- Returning to work.
- Supplementing.
- Introducing food.
- Weaning.

Penn Highlands is offering **Mom-to-Mom Breastfeeding Connection** for all moms that are breastfeeding or have in the past. It is open to all moms and babies who would like to meet and discuss the positives and challenges of breastfeeding. The goal is to provide support, tips and answers to your questions.

Please come and share your questions, support and confidence to other mothers who are going through the same things as you! Babies are invited to attend with you!

Meeting information:

1:00 PM to 2:00 PM
1st Wednesday
of each month

OB Conference Room
Third floor
Penn Highlands DuBois
100 Hospital Avenue
DuBois, PA

For more information:
814-375-2229

All events are also listed on our website
by visiting www.phhealthcare.org.



**The Maternity and
Child Center**
Advanced Medicine. Here.