

**Thursday, March 11**

- Breastfeeding Support Group - 12:00pm

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**Breastfeeding Support Group**

**Time:** 12:00pm

Breastfeeding is very important and the team at Maria Parham is here to support you during your stay and after you return home. The American Academy of Pediatrics' recommendation is to exclusively breastfeed for the first six months and to continue breastfeeding for the first year and beyond, as long as it is mutually desired by mother and child. Breastfeeding Classes are offered free of charge at Maria Parham to learn more, please call the Lactation Department at (252) 436-1414. These classes allow for mother and dad/support person to learn the basics of breastfeeding and prepares them to be able to overcome challenges faced while breastfeeding. A Breastfeeding Support Group meets the second Thursday of every month from 12-1 in the MPMC Rehab conference room



**For more information about Breastfeeding Support**

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