

New Parent Support Program

BREASTFEEDING

basics

A FREE monthly class taught by Registered Nurses who are Board Certified Lactation Consultants, covering the basics of breastfeeding. Ideal for both expectant parents in the 2ND or 3RD trimester.



Latching & Positioning



When to feed & Helping baby to thrive



Tips for Success



Pumping & Returning to work



Class Location

2034 Barnett Avenue, Little Hall, Lower Level
NPSP Activity Room

Call for class dates

703-784-4248



www.quantico.usmc-mccs.org