

August 1st - 7th is

World Breastfeeding Week



Join La Leche League of Nantucket, Nantucket Cottage Hospital, and island families in events promoting and supporting human milk for human babies.

Saturday, August 6

9:30am: *Breastfeeding Support Walk (Children's Beach to the Antheneum)*

Families welcome, including those who are not currently breastfeeding. If you support breastfeeding, please join us for the walk! Signs, balloons, banners, and decorations for strollers/wagons/bikes encouraged.

10:30am: *Latch On Nantucket (Antheneum Garden)*

In locations across the USA and beyond, nursing mothers will gather to celebrate World Breastfeeding Week and try to break the record for the most women breastfeeding simultaneously! At each registered location, witnesses will count all the mothers and babes who are latched on for one minute.

Free Breastfeeding Basics Class

Wednesday, August 3 ~ 6:00pm-8:00pm

Nantucket Cottage Hospital Founder's Building

Knowing what to expect after birth includes both parents learning about breastfeeding. This two-hour class will include discussions about the benefits of breastfeeding, how breast milk is produced, baby's feeding cues, proper positioning for breastfeeding, how to know if your baby is getting enough milk, and what to do if you are experiencing difficulties. Dads/partners, grandparents, or friends and support persons are encouraged to attend, and are given special instructions on supporting the breastfeeding relationship.

Instructor: Amber Hinds, CLC

Pre-registration required.

Please visit <http://www.amber-hinds.com/class-registration> or call (214) 498-1815

Island Breastfeeding Resources

La Leche League of Nantucket

Meets the third Thursday of each month at 9:30am

Unitarian Church nursery (10 Orange St.)

Leader: Sunny (508) 333-7105

Private Lactation Consultation

Amber Hinds, CLC (214) 498-1815

Online Breastfeeding Resources

AAP: <http://www.healthychildren.org/breastfeeding>

CDC: <http://www.womenshealth.gov/breastfeeding>

Kelly Mom: <http://www.kellymom.com>

LLL: <http://www.llli.org>

WHO: <http://www.who.int/topics/breastfeeding/en>

