

Breastfeeding Basics

Free class for expecting or currently breastfeeding moms.



Branch-Hillsdale-St. Joseph Community Health Agency:
570 Marshall Rd. Coldwater, MI 49036



Dates available: Thursday, March 7th, 14th & 28th
Time options: 10-11 am or 12-1 pm



Call or text Morgan to register:
517-617-2252

Topics Include:

- Benefits of breastfeeding
- Signs baby is getting enough
- Infant feeding cues
- Other tips for a successful breastfeeding journey.



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Prensip Fondamantal pou bay tete

Klas gratis pou manman k ap tann oswa k ap bay tete kounye a.



Branch-Hillsdale-St.

Jozèf Ajans Sante Kominotè

570 Marshall Rd. Coldwater, MI 49036



Dat ki disponib: Jedi, 7, 14 ak 28 mas Opsyon lè:
10-11 am oswa 12-1 pm



Rele oswa voye tèks Morgan pou w
enskri:

517-617-2252

Sijè yo enkli:

- Benefis bay tete
- Siy ti bebe a ap vin ase
- Siyal manje tibebe
- Lòt konsèy pou yon vwayaj tete siksè.



MICHIGAN



BRANCH-HILLSDALE-ST. JOSEPH
COMMUNITY HEALTH
AGENCY | YOUR LOCAL
HEALTH DEPARTMENT

Dapre lwa dwa sivil federal yo ak règleman ak règleman sou dwa sivil Depatman Agrikilti Etazini (USDA), USDA, ajans li yo, biwo, ak anplwaye li yo, ak enstitisyon k ap patisipe nan oswa administre pwogram USDA yo entèdi pou yo fè diskriminasyon ki baze sou ras, koulè, orijin nasyonal, sèks, andikap, laj, oswa reprezay oswa vanjans pou aktivite dwa sivil anvan yo nan nenpòt pwogram oswa aktivite ki fèt oswa ki finanse pa USDA. Moun ki gen andikap ki bezwen lòt mwayen kominikasyon pou enfòmasyon pwogram yo (pa egzanp Bray, gwo lèt, kasèt odyo, Lang siy Ameriken, elatriye), ta dwe kontakte Ajans (Eta oswa lokal) kote yo te aplike pou benefis yo. Moun ki soud, ki mal pou tande oswa ki gen andikap pou pale ka kontakte USDA atravè Sèvis Federal Relay nan (800) 877-8539. Anplis de sa, enfòmasyon pwogram yo ka disponib nan lòt lang ki pa angle. Pou depoze yon plent pou yon pwogram diskriminasyon, ranpli Fòmèlè Plent pou Diskriminasyon Pwogram USDA a, (AD-3027) yo jwenn sou Entènèt nan: Kouman pou Depoze yon Plent, ak nan nenpòt biwo USDA, oswa ekri yon lèt ki adrese USDA epi bay nan lèt la tout nan enfòmasyon yo mande nan fòm lan. Pou mande yon kopi fòm plent lan, rele (866) 652-9992. Soumèt fòm oswa lèt ou ranpli bay USDA pa: (1) pa lapòs: Depatman Agrikilti Ameriken, Biwo Asistan Sekretè Dwa Sivil, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) faks: (202) 690-7442; oswa (3) imèl: program.intake@usda.gov. Enstitisyon sa a se yon founisè egalite opòtinite.

أساسيات الرضاعة الطبيعية

دروس مجانية للأمهات الحوامل أو المرضعات حاليًا.



فرع هيلزديل سانت. وكالة جوزيف لصحة المجتمع:
570 طريق مارشال. كولدووتر، مي 49036



التواريخ المتاحة: الخميس 7 و14 و28 مارس. خيارات الوقت: 10-11 صباحًا أو 1-12 ظهرًا



اتصل أو أرسل رسالة نصية إلى Morgan
للتسجيل:
517-617-2252

المواضيع تشمل:

- فوائد الرضاعة الطبيعية
- علامات أن الطفل يحصل على ما يكفي
- إشارات تغذية الرضع
- نصائح أخرى لرحلة رضاعة طبيعية ناجحة.



Conceptos básicos de la lactancia materna

Clase gratuita para mamás embarazadas o que actualmente están amamantando.



Branch-Hillsdale-St. Agencia de Salud
Comunitaria Joseph:
570 Marshall Rd. Agua fría, MI 49036



Fechas disponibles: jueves 7, 14 y 28 de marzo
Opciones de horario: 10-11 am o 12-1 pm



Llame o envíe un mensaje de texto a
Morgan para registrarse:
517-617-2252

Los temas incluyen:

- Beneficios de la lactancia materna
- Señales de que el bebé está recibiendo suficiente
- Señales de alimentación infantil
- Otros consejos para un viaje de lactancia exitoso.

Aprenda de una compañera certificada en lactancia materna y conéctese con otras personas.

