

# BREASTFEEDING ESSENTIALS



SCMC offers a Breastfeeding Essentials class for expectant parents. This comprehensive 2-3 hour class is instructed by Lactation Educator and Dietitian Alyssa Thooft and will be done virtually.

## TOPICS INCLUDE:

- The importance of breastfeeding
- How breastfeeding works
- Proper latch and positioning
- Ways to improve success & reach your personal breastfeeding goals
- Common concerns
- How to incorporate breastfeeding into your work & social life
- Breast pump basics

Please register at [scmcinc.org](https://scmcinc.org) or call (320) 589-1313. A class link will be emailed to you prior to the scheduled date. Contact Alyssa Thooft with questions at (320) 589-1313.



STEVENS COMMUNITY  
MEDICAL CENTER

Caring is our Reason for Being

## COST \$20

Partners are encouraged to attend without additional cost.

## SCHEDULED DATES:

FEBRUARY 10  
MAY 19  
AUGUST 25  
NOVEMBER 10

All classes located in the SCMC  
Lower Level from 6-8:30 pm

[scmcinc.org](https://scmcinc.org)  

