



Breast Feeding Support Group

Join us for this special time with Chapa-De's Lactation Specialist and other new parents in the community dedicated to discussing all things breastfeeding.

Topics include:

- Breastmilk and your diet
- The different parts of breastmilk
- How often you should be feeding your baby
- What is a good latch
- Any pain with breastfeeding
- Different positions and holds
- Pumping and bottle-feeding
- And more!

Fed is best. We support you and your growing baby, breast feeding or formula feeding. Call us for any questions.



When

Thursdays at 10:00AM
Conversaciones en español disponibles



Where

Chapa-De Auburn
Building A Diabetes
Conference Room

Learn more about our
Prenatal Program:



BABY LUV PROGRAM



(530) 863-4681



CHAPA-DE
INDIAN HEALTH