

Postpartum-ology

~ demystifying postpartum ~



In the months leading up to the arrival of your baby, it's easy to become immersed in educating yourself about the actual birth. However, many parents are caught off guard by the realities of the postpartum weeks and can find themselves feeling confused, exhausted, and overwhelmed. This class, led by a postpartum doula and mother of four, discusses:

- what to expect the first week
- taking care of you!
- decoding “baby speak”
- typical first month challenges
- calming & soothing your newborn
- partner needs & expectations
- when to seek lactation assistance

Location:

Bethesda North Hospital

To Register:

www.theplaceforfamilies.com

Questions: 513-683-6990