

Classes and Groups

MidState Medical Center:

- **Childbirth Education Classes (\$80)**
 - 4 individual classes or all day Saturday
 - Topics include relaxation/breathing and coping skills for labor and delivery
- **Sibling Class (\$15/family)**
 - For children 2 ½ years and older
 - Topics include discussion, videos, and exercises on what a new baby looks like, how they act, and what a child can do with their new baby sibling.
 - Includes a tour of the Family Birthing Center
- **Breastfeeding Class (FREE if delivering at MidState, \$10 for all others)**
 - One-time class to help mom understand the benefits of breastfeeding and provides basic instruction in breastfeeding.
- **Breastfeeding Support Group: (Free)**
 - Led by the hospital lactation consultant or RN, for babies up to 6 months old
 - **Wednesdays from 9:30-10:30AM**

Contact Breastfeeding Info Line (203) 694-8328 to sign up for classes through MidState

Community Health Center:

- Prenatal classes are free for patients.
- Breastfeeding classes and individual appointments are available. Call for scheduling details (203) 237-2229

Every hospital offers pregnancy and breastfeeding classes. For more information, contact your doctor or the hospital at which you are delivering.

The Meriden WIC Program

Our office has Certified Lactation Counselors and a Certified Lactation Consultant on staff to answer your breastfeeding questions and concerns. We are committed to helping all families achieve their breastfeeding goals.

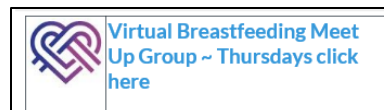
WIC is here to support families in their breastfeeding journeys especially during Covid19. We will help guide you in accessing resources to prepare for breastfeeding your baby whether this is your first baby or your fifth. One way we are striving to support our families is through our "Breastfeeding Meet-Ups", which are now being held virtually. See the box below for more information.

Virtual WIC Breastfeeding Meet-Ups

2nd and 4th Thursdays (1-2PM)

Any pregnant or breastfeeding family is welcome. Meet other breastfeeding families and have your questions answered by a Lactation Consultant.

Google Meriden WIC, scroll, and click the link for the Virtual Breastfeeding Meet-Up Group



No registration necessary.
Call Dana at the WIC office with questions. (203) 630-4104

La Leche League

(International Breastfeeding Support Group)



"Our mission is to help mothers worldwide to breastfeed through mother to mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother."

Local La Leche League Meetings:

- During Covid19 many meetings are being held virtually through Zoom or a similar platform. For more information, visit:
<http://www.lllct.org/local-support>

*La Leche League has a national breastfeeding helpline in both English and Spanish. Trained Breastfeeding Peer Counselors can help with breastfeeding questions and information (toll free).

The HELPLINE is (1-877) 452-5324

Online Resources:

- Kellymom.com
- www.llli.org (La Leche League)
- Breastfeedingct.org
- Wicbreastfeeding.fns.usda.gov
- Zipmilk.org (find a local lactation specialist)
- Itsworthitct.org