

# WPCC EQUIP2 Program

*Empowering Quality Understanding In  
Pregnancy & Parenting*

**Register Online!**

@ wilkespcc.com or QR Code  
Click "Schedule an Appointment"



## *Breastfeeding Workshop*

**Stephanie Youngs – Certified Lactation Consultant (IBLCL)**

**Join us each month from 10:00am - 12:00pm**



### **2024 – 2025 Schedule:**

November 14<sup>th</sup>

December 12<sup>th</sup>

January 9<sup>th</sup>

February 13<sup>th</sup>

March 13<sup>th</sup>

April 10<sup>th</sup>

May 8<sup>th</sup>

### ***Topics Discussed:***

- ❖ Preparing for breastfeeding success after delivery.
- ❖ Initiating breastfeeding: Baby hunger signs, how to know your baby is getting enough, latching and positioning, breastfeeding benefits, and challenges, establishing and maintaining milk supply, and pumping and returning to work.
- ❖ Newborn material-milestones, sibling care, starting solids, sleeping routines.



**WILKES PREGNANCY  
CARE CENTER**

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