

# Online Prenatal & Newborn Education at Heritage Valley Health System

## Breastfeeding for Moms To Be

**Who:** Moms To Be

**When:** This class is offered in January, March, May, July, September and November. Visit [heritagevalley.org](http://heritagevalley.org) and search for Events & Classes to see when the class is scheduled.

**What:** Expectant mothers will be offered guidelines for a successful breastfeeding experience. Topics will include:

- Advantages of breastfeeding
- Nutritional Information
- Body changes that occur during pregnancy and breastfeeding
- Recognizing if baby is getting enough milk
- Preventing problems and what to do when problems arise
- Pumping and storing breast milk

**Where:** Classes are held virtually via Zoom Video Conferencing.

**Registration:** To register for this FREE class, please email Edith Davidson at [edavidson@hvhs.org](mailto:edavidson@hvhs.org). Classes may be rescheduled or cancelled if enrollment is low.

## Participate in free online prenatal and newborn education from **ExpectingPlus!** Just follow these easy steps:

- Use your phone, tablet or computer to go to [www.ExpectingPlus.com](http://www.ExpectingPlus.com).
- Select Register to set up an account
- Enter your information and HERITAGE-EXP as the Enrollment Code.
- Click [here](#) for more information

## Breastfeeding Moms Network / Support

**Who:** Mothers who plan to breastfeed or pump breastmilk.

**When:** During your pregnancy or while you are breastfeeding or pumping for your baby. The group meets monthly.

**What:** A support group for breastfeeding or pumping mothers. Healthy moms and babies, as well as expectant mothers, are welcome to attend meetings. The lactation consultant will see you and your baby while you are at the hospital.

International Board Certified Lactation Consultant for Heritage Valley:

- Edith Davidson RN IBCLC
- Sandy Nunn RN IBCLC
- Liz Leon IBCLC RLC CLC
- Lisa Powner RN IBCLC

Lactation Counselors for Heritage Valley Health System:

- Kim Cosentino RN CLC
- Amanda Leslie RN CLC
- Mary Higby BSN RN CLC

Breastfeeding help is available by phone at the Heritage Valley Beaver lactation office (724-773-4797), Heritage Valley Sewickley lactation office (412-749-7494), or the Heritage Valley Pediatrics Chippewa office (724-773-6842).

Another resource is the Allegheny County Breastfeeding Helpline, 412-247-1000. Leave a message and an IBCLC will return your call.

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