

Prenatal & Newborn Education at Heritage Valley Health System

Breastfeeding for Moms To Be

Who: Moms To Be

When: This class is offered monthly. Visit 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 in-person at Heritage Valley Beaver in the Maternal Child Health Classroom (C Tower Elevators, 0 Level. Push buzzer by doors to enter.)

Registration: To register for this FREE class, please [click here](#) or email maternalchildhealth@hvhs.org. Classes may be rescheduled or cancelled if enrollment is low. Support persons are welcome.

Breastfeeding Moms Group / 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. Lactation consultants, lactation counselors and Registered Nurses with special training for supporting breastfeeding families are available to support you and your baby while at the hospital.

International Board Certified Lactation Consultant for Heritage Valley:

- Liz Leon IBCLC RLC CLC

Lactation Counselors for Heritage Valley Health System:

- Mary Higby BSN RN CLC
- Amanda Leslie RN CLC

Breastfeeding help is available by phone at the Heritage Valley Beaver lactation office (724-773-4797) 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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Newborn Class

Who: Expecting Mothers with support person.

When: This class is offered monthly from 6-8pm. Visit heritagevalley.org and search for Events & Classes to see when class is scheduled.

What: Expectant mothers will be offered a chance to discuss caring for a newborn. Topic will include:

- What to expect in the hospital
- Infant safety with car seats and other equipment
- Bathing
- The importance of partners in caring for the infant
- Feedings and sleep

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Prenatal Class

Who: Expecting mother and support person. Grandmas are welcome too.

When: This class is offered monthly from 6-8pm. Visit heritagevalley.org and search for Events & Classes to see when class is scheduled.

What: Expectant mothers wanting to prepare for delivery along with support partners. Topics will include the following:

- What is the difference of false labor and true labor.
- When to call the doctor
- What to pack
- Stages of labor
- Pain management
- Pushing
- Role of the partner
- Tour of department

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