



# Introduction to Breastfeeding

Sharp Chula Vista Center for Women & Newborns

This class teaches basic skills for successful breastfeeding. Topics in this class include:

- The benefits of breastfeeding
- Anatomy and how the breast works
- Positioning and latching on
- Feeding patterns and ending a feed
- Nursing a newborn
- Special situations
- Pumping and milk storage

For more information or to register, click [here](#) or call 1-800-82-SHARP (1-800-827-4277).