



Breastfeeding Support Group

Bring your baby and join area moms at the Freeport Public Library, 100 E. Douglas Street, at 2:00 p.m. on the 2nd and 4th Thursday of each month. Share knowledge, build a support system, and gain up-to-date breastfeeding information.

Discussions will be led by lactation experts from the FHN/SCHD Breastfeeding Task Force and broach many topics including postpartum adjustment, feeding, burping, sleeping, gas and colic, normal newborn behavior, soothing fussy babies, and breastfeeding.

There will be opportunities to speak with area experts about questions you have.

2nd & 4th Thursdays • 2:00 p.m.
Freeport Public Library, 100 E. Douglas Street

April 11 & 25 • May 9 & 23 • June 13 & 27
July 11 & 25 • August 8 & 22 • September 12 & 26
October 10 & 24 • November 14 • December 12 & 26