

Breastfeeding & Infant Communication Class

Open to pregnant couples, families with infants as well as caregivers

Best Start Birth Center

3343 Fourth Ave

San Diego Ca 92103

**2nd and 4th Thursday's From 11:00 AM to 12:00
PM**

This is a donation-based event

We offer a low income clinic in Encinitas for treatment

Please call to confirm your place

Peggy Reynolds-Olsen 760-809-7081

**Peggy is trained in Lactation Education thru UCSD and is a Registered
Craniosacral Therapist specializing in Infant and birth Trauma Resolution. Learn
more at www.peggyolsen.com**

I offer lactation education and support as well as helpful ways to comfort the newborn such as swaddling, movement, massage, and listening to the cues of the baby.

Breastfeeding is a learned skill and even if you have done it before you may have a child who has a difficult time of it. By taking this class before you have your baby you will learn what to do to help both you and your baby have a better experience breastfeeding. If you have already given birth and are having difficulties with breastfeeding this class will help solve your problems.

As parents we have an Inner Wisdom that guides us so that we respond appropriately to the needs of our newborn. Many of us have become disconnected from this Inner Wisdom. This class will reconnect you to this inner voice so that you will know the cues to look for and you will be able to respond to your newborn with confidence.

It is helpful to understand when the cries are from normal baby stuff or when the baby is expressing unresolved birth trauma. If the doctor has said everything is ok but the baby is very unsettled, I can show you ways to help the baby through this resolution process. It may be very difficult for bonding to take place if the mom and baby cannot find a way to settle into each other. These are issues that need attention and can be resolved.

If you are pregnant this class will help prepare you and your partner for birth. This is not a childbirth class but support for those who may have concerns, feelings or past experiences that are getting in the way of the coming birth.

I have been helping babies and families for the past 13 years in this area and look forward to meeting you and your family.