

NEW MOTHER CLASS

Your First 48 Hours

What Happens After You Deliver

Your First 48 Hours will help you understand what to expect during the first two to three days at the hospital and help you prepare for your stay. We will cover:



- Routine tests your baby will need during the first two days
- How your family and friends can best support you while you're in the hospital
- Why exclusive breastfeeding is so important for your baby and the myths and facts about breastfeeding
- Changes you will experience as you recover from childbirth

When: 4th Tuesday of every month
10:00 am – 11:00 am

Where: Martin Luther King, Jr. Community
Hospital, Meditation Room,
1st Floor

Registration: (424) 338-8227
lactation@mlkch.org



**Martin Luther King, Jr.
Community Hospital**