

Virtual!! New Mother Class

Your First 48 Hours

What Happens After You Deliver Your Baby

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



- Routine tests your baby will need
- 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: Wednesday October 21, 2020

10:00 am – 11:00 am

Zoom: <https://us02web.zoom.us/j/87928469917>



Questions??

Email: lactation@mlkch.org



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