



African American
Breastfeeding Network
of Milwaukee

The First Month, The Most Important: *Building and Protecting Your Milk Supply*

Thursday, August 12, 2010
5:00 PM

WIN FREE
DOOR PRIZES



Family Resource Center
4340 North 46th Street
(PARKLAWN YMCA)

(Inside the Children's Service Society of WI Family Resource Center)

During this *Sista2Sista Chat Room Gathering* we will discuss...

- ❖ the value and benefits of breast milk
- ❖ why delay bottles and pacifiers
- ❖ hormones affecting mom's milk supply
- ❖ what to expect and when to call for help
- ❖ when and how to give baby the first bottle
- ❖ how to transition baby from breast to bottle
- ❖ how to 'pace' bottle feed baby

Family-friendly environment, children are always welcome. Dinner served.

Please pre-register by calling (414) 264-3441.

Hosted by the African American Breastfeeding Network, and the
Children's Service of WI Family Resource Center.