Breastfeeding Support:

To assist with your success while breastfeeding, it is important to educate yourself before your baby is born.

You should also take prenatal and breastfeeding classes.

**Breastfeeding Basic classes are offered at MemorialCare Saddleback Medical Center:**
Achieve the confidence you need to make breastfeeding a satisfying experience for you and your baby. The class covers the basics: positioning, feeding techniques and corrective actions for breastfeeding challenges. Dads, coaches and/or support persons are encouraged to come.

Saddleback Medical Center offers a variety of different childbirth education classes including Breastfeeding Basics.

Lactation Support:

During your hospital stay, we have lactation support to assist you with getting off to a great start. We also provide outpatient support.

For more information, call 949.452.7377

For more information or to register, visit memorialcare.org/sbbabyclasses or call 1.800.MEMORIAL

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