

# Breastfeeding Connection

Support and education for nursing mothers



**Becoming a new parent is both exciting and filled with responsibility. As a new parent, you want to provide your baby with the best nutrition possible. Breastfeeding is known to be the best way to supply important nutrients. Our board certified lactation consultants are here to help ensure successful breastfeeding for you and your baby.**

- Designed for moms and their 0-8 week old babies.
- Lactation consultants will be present.
- Scale will be available to check your baby's weight if desired.
- If additional assistance or support is necessary, appointments can be scheduled through the lactation office.
- Support group will not meet on holidays and when Holland Public School is not in session due to inclement weather.
- All participants will be screened upon entry and required to wear a mask
- **Please visit [hollandhospital.org](https://www.hollandhospital.org) to confirm support group schedule, and for additional updates.**

**Thursdays  
1 – 2:30 PM**

**Holland Hospital  
Conference Rooms**

Please check the conference room monitor for room number.

**No fee. No registration.  
Drop-ins welcome.**

If you have questions,  
please call (616) 394-3269.