

FORSYTH COUNTY WIC PROGRAM

FREE BREASTFEEDING CLASSES!



**Location: WIC Clinic Only
Forsyth County Department
of Public Health
799 N. Highland Avenue
Winston-Salem, NC 27102**

Infant Feeding Class I Class I

Topics discussed include:

- Benefits of breastfeeding
- Myths of breastfeeding

Days and Times:

- **English** – Mon. at 1:30pm/Wed. at 8:30am (Wed. 5:30pm on 2nd Wed. of the month only)
- **Spanish** – Tues. at 2:00pm

Infant Feeding Class II Latch on Class

Topics discussed include:

- Proper positioning for latching the baby onto the breast
- Different positions while breastfeeding

Days and Times:

- **English** – Mon. at 2:30pm/Wed. at 9:30am (Wed. at 6:15pm on 2nd Wed. of the month only)
- **Spanish** – Fri. at 10:30am on 1st and 3rd Fri. of the month & Wed. at 5:30pm on 1st and 3rd Wed. of month only

Infant Feeding Class III Pumping, Storage and Formula

Topics discussed include:

- How to pump milk from the breast when unable to feed
- Proper storage of breast milk and an introduction to formula

Days and Times:

- **English** – 3:30pm on 1st and 2nd Monday of month only/Wed. at 10:30am (3rd only) & Wed. at 5:30pm on 4th Wed. of the month only
- **Spanish** – Information taught with Class II

** Limited space available: Class may be scheduled with WIC appointments for WIC clients. Clients who are not eligible for WIC must call Sheila Britt-Smith (703-3334) to schedule class prior to class times.*