

*We welcome All  
who encourage  
and support  
you to join us*



Please contact  
**Heather Kowell**  
or any of the  
**Healthy Families staff**  
for more information

**(315) 738-9773**

The Network is on an  
adventure to create a  
network of breastfeeding  
families to support and  
encourage others to make  
this a breastfeeding  
friendly community.



## **Breastfeeding Families Network**



Sponsored by  
Healthy Families-Oneida County  
a partnership of the  
Oneida County Health  
Department and the  
Family Nurturing Center of  
Central New York, Inc.

### **What is the Breastfeeding Families Network?**

The Breastfeeding Families Network is about connecting with other families who are or who plan on breastfeeding as well as those who are still deciding. We also welcome mothers who have breastfed children and would now like to provide support to others.



The Breastfeeding Families Network is a great place to talk to nursing moms and get a real sense of what breastfeeding is like. The families that have joined the network are from your community and have shared many of the same feelings and concerns.

### **The group usually includes:**

- What to expect of nursing
- Ways for dads to become involved
- A certified lactation counselor is available to assist with personal breastfeeding issues
- Connecting with others who have decided to breastfeed
- Pot-luck dinner
- The group discusses concerns or issues as well as their rewarding experiences with breastfeeding
- Children's activities

The meetings are held the last Wednesday of every month.

The group meets from 6:00 until 7:30 at the St. Francis DeSales Parish Center on the corner of Eagle and Elm Street.

Go to the parking lot door and ring the door bell.

Please feel free to call for directions.

