

# ROME MEMORIAL HOSPITAL

## NEWS RELEASE

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### **Hospital hosts breastfeeding class**

ROME - Breast milk is the best possible food for baby, but breastfeeding doesn't always come easy at the beginning. Being novices, both mother and child have to learn how to master this natural process.

Rome Memorial Hospital is hosting a free breastfeeding class at 7 p.m. on Wednesday, Feb. 15, in the hospital's classroom to help mothers-to-be recognize the benefits of breastfeeding and give them the encouragement to overcome some of the obstacles.

The speaker, Sandy Graichen, R.N., is a maternity nurse at the hospital with children of her own. She has many years of experience helping new moms learn how to breastfeed.

"Most of today's new mothers do not have role models to help them and encourage them to breastfeed," said Mrs. Graichen. In the class, she will address the myths and the benefits for mother and baby. She will also discuss preparations for breastfeeding, positioning the baby, proper latching techniques, and dealing with problems. She will also provide information about pumping and storing breast milk.

The free class will also feature a breastfeeding video, a display of breastfeeding products, several information sheets to help reinforce the material presented, and a list of people to turn to for support.

No pre-registration is required. Refreshments will be served.

Please meet the instructor in the hospital lobby (N. James St. entrance). She will direct you to the classroom.

For more information, please call 338-7143.

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