

Meet Your Instructors

Erin Marsh, RN, IBCLC, CCE —Erin has over 9 years of experience educating new parents on pregnancy, birth, and infant/child care. She has assisted mothers to breastfeed and is a Certified Lactation Consultant. She is a Registered Nurse and Certified Childbirth Educator. Erin is a previous home visiting nurse with the Garrett County Early Care Programs. She was also employed at Garrett Regional Medical Center as a Labor & Delivery Nurse.

Katie Welch, RN, IBCLC, CCE —Katie has over 6 years of experience educating new parents on pregnancy, birth and infant/child care. She is a Registered Nurse and Certified Childbirth Educator. She has assisted mothers to breastfeed and is a Certified Lactation Consultant. Katie is a home visiting nurse and Nurse Supervisor with the Garrett County Early Care Programs. Prior to working at the Garrett County Health Department, Katie was also employed at Garrett Regional Medical Center as a Labor & Delivery Nurse.

Lacy Coffren, RN, IBCLC—Lacy has over 5 years of experience educating new parents on pregnancy, birth and infant/child care. She is a Registered Nurse with the Garrett County Health Department Early Care Programs. Lacy is a home visiting nurse and Outreach Worker. She has assisted mothers to breastfeed and is a Certified Lactation Consultant.



**Classes are held at the
Garrett County Health Department**

1025 Memorial Drive
Oakland, Maryland 21550

Phone: (301) 334-7720

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debra.house@maryland.gov



The GCHD Prepared Childbirth Education Program is provided in part by the Garrett County Local Management Board administered through the Garrett County Health Department

Revised January 2023

**Garrett County Health Department
Early Care Programs**

Breastfeeding



2023 Class Schedule

**Classes are free, fun, and available afternoons
or evenings to fit your schedule.**

Bring your breastfeeding questions about:

- Going back to work or school
- Breast surgery
- Allergies
- Tattoos or piercings
- Feeding twins
- Nursing bras
- Bottles, pacifiers
- Whatever is on your mind

Breastfeeding is a special gift you, and only YOU, can give your baby. Almost all mothers can nurse their babies if they have help and know what to expect.



What You Will Learn...

- How mother's milk protects your baby
- Getting off to a good start in the hospital
- Ways to prevent soreness
- Being sure baby is getting plenty of milk
- Pumping—why, when and how
- Fitting nursing into your day (and night)
- When diet, medication or other issues may affect breast-feeding
- Ways family and friends can help
- Where to find help when you need it

What to bring...

Bring a family member, friend, or anyone who wants to know more about breastfeeding. Dads are welcome—they can help!



2023 Class Schedule

Wednesday Evenings: 6:00– 7:30 p.m.

- January 18th
- March 15th
- May 17th
- July 19th
- September 20th
- November 8th

Wednesday Afternoons: 1:30–3:00 p.m.

- February 15th
- April 19th
- June 14th
- August 16th
- October 18th
- December 13th

**To register and for more information
call: 301-334-7720 or 301-895-3111**