

Meet Your Instructors

Katie Welch, RN, IBCLC, CCE—Katie has over 10 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

Email: maria.friend@maryland.gov or
debra.house@maryland.gov



Public Health
Prevent. Promote. Protect.



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 November 2024

**Garrett County Health Department
Early Care Programs**

Breastfeeding



2025 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!



2025 Class Schedule

Wednesday Evenings: 6:00– 7:30 p.m.

- January 21st
- March 18th
- May 20th
- July 15th
- September 16th
- November 18th

Wednesday Afternoons: 2:00–3:30 p.m.

- February 18th
- April 15th
- June 17th
- August 19th
- October 21st
- December 16th

To register and for more information
call: 301-334-7720