

The Baby Hour

Mondays, 10:00 to 11:00AM
Copeland Health
Education Pavilion,
1823 Johnson Avenue, Ste. 101
San Luis Obispo
805.541.2229



We invite all moms and babies to join our expert team of lactation consultants at the weekly breastfeeding support group at The Baby Hour. We talk about topics related to feeding your baby and early infant parenthood. The Baby Hour is free and no registration is required. All walk-ins accepted.

Topics Include:

- Optimizing Breastfeeding; How to Make and Maintain a Good Milk Supply
- Pumping and Returning to Work
- Infant Milestones
- Babies Oral Health
- Birth Control
- Postpartum Blues
- Car Seat Safety
- Introducing Solid Foods
- Taking care of Mom; Healthy Meals at Home
- Infant Vision; How to Take Care of Baby's Eyes
- Breastfeeding Beyond a Year
- Weaning

Come have fun, feel supported and play with other moms and babies!

