



Breastfeeding Support Group for UVA Health System Employees and Students



Join us for an informal discussion and support group for our working mothers and their families.

Whether you are pregnant and wondering about returning to work, or are back to work and breastfeeding, this group will encourage you, and help you with any breastfeeding questions or concerns that come your way. Bring your lunch and take this time to meet other working moms.

Topics will include:

- Practical tips on returning to work
- Setting up a milk expression schedule to fit your unique job situation
- Proper ways to express and store milk
- Maintaining milk supply
- Planning with your supervisor about your pumping needs
- Adjusting to life with baby, and becoming a family
- Balancing work and motherhood

This group is a drop in group, and you can attend as your schedule fits. Feel free to use this time to pump.

Meets the First and Third Wednesday, Noon- 1pm

8 Central Day Room, University Hospital

For more information, or for a one on one consultation, call the Breastfeeding Medicine Program at 982.3316.

