

Breastfeeding Class

Join Natividad and learn about breastfeeding your baby



About the Class

Attend a one-hour breastfeeding class led by an International Board Certified Lactation Consultant (IBCLC). Our expert will give you the information you need to feel confident to breastfeed.

- Learn why breastfeeding benefits both mom and baby
- What to expect in the first few days
- How to get a strong milk supply
- How to tell when your baby is hungry
- Know when your baby is getting enough milk
- Breastfeeding positions and how to get a good latch
- When and where to get help

Partners are welcome and encouraged to attend. It is strongly recommended that you arrange for childcare before attending the class.

Class Location

Natividad Medical Center
1441 Constitution Blvd., Salinas, CA 93906
Class is in the Natividad Room, near the Gift Shop.
Use Entrance 2, Outpatient Services.

2026 Class Times & Dates

Choose one class in your preferred language at least one month before you give birth.

No registration required. The class is free.

Classes are the first and third Wednesday of the month.

English 5:00 pm to 6:00 pm

Spanish 6:00 to 7:00 pm

- August 5
- August 19
- September 2
- September 16
- October 7
- October 21
- November 4
- November 18
- December 2
- December 16