



Make Dutchess County  
the Healthiest Place  
in New York State

# Dutchess County Breastfeeding Support & Education Center

*Appointments Available*  
**(845) 486-3419**

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**Breastfeeding Education** is available for expectant and parenting families as well as those who are planning a pregnancy. Programs can also be tailored to specific groups. Classes include:

- Prenatal Breastfeeding Basics
- Breastfeeding Basics: Common Challenges
- Return to Work

**Lactation Counselors** provide:

- One to one assistance for breastfeeding families through outpatient or in-home visits.
- Consultation to businesses and organizations interested in promoting and providing spaces to assist new moms with a safe, comfortable place to breastfeed or pump.

[www.dutchessny.gov/Breastfeeding](http://www.dutchessny.gov/Breastfeeding)