



Healthy Active Arkansas is proud to offer helpful, education information to welcoming your new family member.

Ready, Set, Baby

AN ONLINE BREASTFEEDING CLASS

This free, online breastfeeding class will help you get breastfeeding off to the best start! It reviews benefits and basic management of breastfeeding and prepares you for your hospital stay.

Have questions or need additional help?

Call the Arkansas Breastfeeding Helpline: 1-844-344-0408

*All information and content was provided by the Carolina Global Breastfeeding Institute in partnership with Healthy Active Arkansas, Blue & You Foundation and Baptist Health

To access the class, visit:

<https://healthyactive.org/readysbaby>

or scan QR code:

