

Nurture Open House

*Open House at Nurture....
come join us!!!*

Date: Saturday, May 29, 2010

Time: 12:00pm- 3:00pm

Location: Nurture

**Street: 1614 NE Alberta St,
PDX**

We welcome you to join us for our open house. Come and meet our community, learn more about our new programs and ways to get involved, enjoy delicious brunch, eats, raffle prizes and demonstrations of acupuncture, massage, and more...



Luna Fans....

Find us on Facebook!

Ok, Ok...we know busy parents do not have a ton of time to spend on Facebook but it is a quick, easy way to get news, updates, deals and info from Luna Lactation and face it, you are probably on FB anyhow uploading pictures of your cute baby to show off so what are you waiting for....[join us!](#)



May 2010

Pillow talk for parents..

Most new parents have some questions regarding their baby and sleep. Each family's questions about sleep are as unique as each baby. Some wonder where baby should sleep, how often baby should wake to eat, how to get comfy breastfeeding lying down, how to maintain intimacy with their partner, what is normal baby behavior and so forth. Some research on sleep and night-time parenting can be found online.

A few helpful links are:

Kathleen Kendall-Tackett's [Survey on Mother's Sleep and Fatigue](#)

James McKenna's [articles and research on co-sleeping](#)

Kellymom's [Night time parenting articles and info](#)

The Natural Child Project's [collection of articles on sleep](#)

La Leche League's [articles on sleep](#)

API's [Baby Sleep Strategies](#)



We hope these links will provide some insight and info regarding sleep and night time parenting.

If you are struggling with night time nursing, would like to be more comfortable breastfeeding lying down or need additional support, consider an in-person or phone [consult with Luna Lactation.](#)

Upcoming Workshop: *Breastfeeding: Body, Mind & Soul*

Location: Nurture NE 1614 Alberta St. Portland, OR 97211

Date: Sat, June 12, 2010

Time: 1-4PM

Nurturing your child through breastfeeding involves your whole being.

I invite expectant and new parents to come discover and share breastfeeding wisdom and information. In our three hour workshop we'll cover a variety of topics and allow for plenty of conversation.

For workshop details and registration [click here.](#)

Contact: www.lunalactation.com Tel.360.830.MILK(6455) or [Email](#)
If you do not wish to receive emails from Luna Lactation, [unsubscribe now](#)