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 tο maintain intimacy with their partner, what is normal baby behavior and forth. Some research on sleep and nighttime parenting can be found online.

A few helpful links are:

Kathleen Kendall-Tackett's Survey on Mother's Sleep and **Fatique**

James McKenna's articles and research on co-sleeping

Kellymom's Night time parenting articles and info

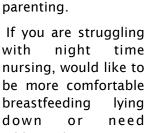
The Natural Child Project's collection of articles on sleep

Leche League's articles on sleep

Baby Sleep API's Strategies

We hope these links will provide some insight a n d info regarding sleep and night time

with night breastfeeding down or 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 <u>click here</u>.

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