

COUNSELING AND TUTORIAL PACKAGES

Journey to Parenthood Package

- 2 one-on-one sessions on birthing, breastfeeding and maternal nutrition
- Companionship, labor coaching and maternal massage during labor and delivery until the first breastfeeding

We Care Package

A. International Board Certified Lactation Consultant - IBCLC

- One home/hospital visit (within Metro Manila only)

Home/Hospital visit includes observation of at least two breastfeeding sessions (2 to 3 hours). The parents are taught the following skills during breaks:

- ✓ Initiation and correct latching
 - ✓ Comfortable breastfeeding positions
 - ✓ Effective breastfeeding techniques
 - ✓ How to express breastmilk manually or use the breast pump in comfortable positions
 - ✓ Breastmilk storage and preservation
 - ✓ Cup-feeding
 - ✓ Basic Infant and Young Child Care
 - ✓ Tutorial for the Husband or Breastfeeding Partner on Maternal Massage to facilitate breastfeeding
- Whole Body Massage

B. Pregnancy, Breastfeeding and Post-Partum Massage Therapist

Outside of Metro Manila (please add transportation cost)

- ✓ Initiation and correct latching
- ✓ Comfortable breastfeeding position
- ✓ Massage to facilitate breastfeeding

Meals and Massage Package

Soups and meals for the breastfeeding mother served after a relaxing massage

Relactation Package

Helping mothers bring back the breastmilk supply

The Breastfeeding Clinic

Main Office: TESDA Women's Center
East Service Road, South Super Highway,
Taguig, Metro Manila

☎ 444-4716 ♦ 271-0954 ♦ 0919-839-5555
thebreastfeedingclinic@yahoo.com.ph

Fostering Partnership Package A

- Two clinic consultations with an IBCLC on any of the following:
 - a. breastfeeding
 - b. infant and young child feeding and care
 - c. natural family planning
 - d. natural healing using food as medicine and massage
 - e. infant massage
 - f. indigenous food preparation
- Free Phone Counseling

Fostering Partnership Package B

- One home/hospital visit (within Metro Manila only) of an IBCLC
- Two (2) clinic consultations on any on the following:
 - a. breastfeeding
 - b. infant and young child feeding and care
 - c. natural family planning
 - d. natural healing using food as medicine and massage
 - e. infant massage
 - f. indigenous food preparation
- Free Phone Counseling

Enroll in our classes
or avail of our counseling
and massage services
and help:

Nurturers of the Earth, Inc.
Children for Breastfeeding, Inc.

Our joint projects include the:

- Training and education of Natural Health Educators under the Philippine Lactation Resource and Training Center
- Annual staging of nationwide simultaneous breastfeeding dubbed as "Sabay-Sabay, Sumuso sa Nanay"
- Setting-up of Breastfeeding Stations and Clinics (e.g all SM Malls nationwide)
- Celebration of World Breastfeeding Week every August 1 to 7
- Organizing of the First Natural Parenting Conference



The Breastfeeding Clinic: *Your Partner from Pregnancy to Parenting*

Managed by
International Board Certified
Lactation Consultants

For the benefit of:
Nurturers of the Earth
Children for Breastfeeding

The Breastfeeding Clinic services right in your own home!

- Family and Individual Counseling
- Healing Massage for Pregnant and Breastfeeding Mothers
- Cooking Demo of Indigenous Foods for Infant and Young Child Feeding
- Vegetarian Cooking Demo

CLASS PACKAGES

Birthing, Breastfeeding and Beyond

6 Sessions for couples or parenting team

- One (1) day use of our Philippine Lactation Resource and Training Center library
- **Or any of the following:**
 - One (1) clinic consultation on the any of the following:
 - a. breastfeeding
 - b. infant and young child feeding and care
 - c. natural family planning
 - d. natural healing using food as medicine and massage
 - e. infant massage
 - f. indigenous food preparation
 - One (1) whole body massage for the mother or father
 - One (1) Demo of infant massage (bring your baby!)

The Joys of Parenthood

8 Sessions for couples or parenting team

- One (1) day use of our Philippine Lactation Resource and Training Center library
- One (1) clinic consultation on any of the following:
 - a. breastfeeding
 - b. infant and young child feeding and care
 - c. natural family planning
 - d. natural healing using food as medicine and massage
 - e. infant massage
 - f. indigenous food preparation
- **And any of the following:**
 - One (1) whole body massage for the mother or father
 - One (1) demo of infant massage (bring your baby!)

Register now!

- **Saturday Classes**
9:00 a.m. to 12:00 noon
- **Sunday Classes A**
9:00 a.m. to 12:00 noon
- **Sunday Classes B**
4:00 p.m. to 7:00 p.m.

Topics include:

- **Natural Birthing** (maternal nutrition, relaxation techniques, pregnancy exercises, the birthing process)
- **Infant and Young Child Feeding and Care** (breastfeeding, preparing babyfoods with cooking demo, **what's wrong with non-human milk?** bathing, cord care, how to use a baby sling, infant massage and exercises, elimination communication)
- **Massage** (to soothe pregnancy related pains, to facilitate labor, relieve post-partum discomforts like edema and gas pains, facilitate breastfeeding, enhance couple intimacy)
- **Natural Healing Using Food as Medicine**
- **Natural Family Planning** (achieve or postpone pregnancy the natural way)
- **Early Child Education** (formulating family vision, mission and goals, creating your support group, education for peace and gender sensitivity, teach your child how to read, how to choose books and toys)

Join our Free Orientation on Natural Parenting!

Every Sunday, 1:00 p.m. to 4:00 p.m.,
(Optional Hand-out and CD Cost: P300.00)

To reserve a slot, please contact:

Telephone: 444-4716 or 271-0954

Or text your name and landline to 0919-839-5555
(Sorry, we don't entertain text inquiries)

Special services right at your own home!

- Healing Massage for Pregnant and Breastfeeding Mothers
- Cooking Demo of Infant and Young Child Foods
- Vegetarian Cooking

Organize a Corporate or Group Package and save!

(For Provincial Engagements, please add transportation cost)

Best Beginning Package for:

5 couples	P20,000.00
10 Couples	35,000.00
20 Couples	60,000.00
(Additional couple, please add P3,800.00)	

World Health Organization/UNICEF Recommendations:

- Exclusively breastfeed for the first six months of life
- Use indigenous foods for infant and young feeding
- Breastfeed beyond two years
- Follow-up milk is not necessary!