



Make Dutchess County
the Healthiest Place
in New York State

Dutchess County Breastfeeding Support & Education Center

Appointments Available
(845) 486-3419

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