

# Breastfeeding and Nutrition



**You have this wonderful little person in your life,  
you are happy, tired and hungry.**

You may also be concerned about pregnancy weight as well. What to do? It can be difficult to feed yourself well so you can care for yourself and your little one. Come and learn what nutrition a new mom and baby need. We will discuss some quick, easy healthy food options as well as ways to boost and maintain milk supply, prevent allergies and raise a normal eater.

Please join Stephanie Brooks, MS, RD, a nationally recognized nutrition therapist and consultant, founder of Bay Area Nutrition, LLC and mother of two. Stephanie specializes in pediatric nutrition, childhood feeding issues and disordered eating.

**Date and Time to be announced!**

**Tiny Tots Baby Boutique  
138 Railway Ave. Campbell, 95008**

**\$35 (\$60 per couple)**

For more info go to:  
**[www.Bayareanutrition.com](http://www.Bayareanutrition.com) or  
[www.tinytots.com](http://www.tinytots.com)**

**To register call tiny tots at 408-866-2925**