# Newborn Weigh-in Wednesdays

# Get your baby weighed & your questions answered.

## Mercy Hospital Northwest Arkansas

Wednesdays, 12-1 p.m.

Cost: Free

**Location:** Take elevator B to the 5th floor, behind the gift shop; the group meets near the elevators. *No registration necessary* 

### Bring your baby and join us for Newborn Weigh-in Wednesdays.

At this informal gathering, you can check your newborn's weight and chat with other moms about breastfeeding experiences. A certified lactation specialist is available to answer your questions and boost your breastfeeding confidence.







#### **Breastfeeding Benefits**

#### For babies:

- Fewer ear infections and other illnesses
- Lower risk of Sudden Infant Death Syndrome (SIDS)
- Added protection against diabetes and obesity

#### For moms:

- Faster recovery from childbirth
- Stronger bones
- Reduced risk of breast and ovarian cancers



To learn more, scan here or visit mercy.net/BabyWeighIn

To speak with someone in Lactation Services, call 479-338-2072.