



## Nurturing You and Your Baby

### Postpartum Nutrition & Recovery with Avance Care Nutrition

Becoming a mother is a transformative journey that requires care and nourishment. Our postpartum nutrition program supports new moms in their recovery and provides guidance on breastfeeding, formula feeding, managing allergies, and creating healthy eating habits for the entire family. Prioritize your well-being while fostering a healthy relationship with food through working with a dietitian!

- **Comprehensive Postpartum Recovery:** Support for mental health, joyful movement, weight management, and managing chronic conditions
- **Breastfeeding Support:** Guidance to foster successful breastfeeding, with tips on managing hunger and maintaining balanced nutrition
- **Infant Allergy Management:** Recognize, manage, and navigate infant allergies
- **Safe Alcohol Consumption:** How to safely include alcohol into your postpartum routine, if desired
- **Formula Feeding Guidance:** Support for mothers choosing formula, with tips on formula selection, timing, and managing potential side effects or reactions
- **Introduction to Solid Foods:** Insights on special needs diets like allergies, intolerances, and plant-based options for the transition to solids
- **Family Nutrition:** Strategies for meal planning, quick recipes, nutrient-dense meals and snacks, and how to raise healthy, mindful eaters

Most insurance plans will cover this class. Our specialty services coordinators will call your insurance provider to verify your benefits and will alert you of any co-pays or fees.

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