



HOAG'S POSTPARTUM SUPPORT AND RESOURCES

OB EDUCATION AND LACTATION SUPPORT

From pregnancy to parenthood, Hoag OB Education supports families with a variety of educational and wellness classes. Visit hoag.org/obeducation or call 800-400-HOAG (4624) to learn more.

Breastfeeding Clinic: One-on-One Consultations

One-on-one consultations are offered by a registered nurse that is an International Board Certified Lactation Consultant (IBCLC). Consultations provide new moms with support, encouragement and answers to questions that commonly come up when newborns come home from the hospital. Fathers or support person are strongly encouraged to attend.

One-on-One Consultation Includes:

- Individual attention to your specific concerns
- Latching and positioning
- Help with breastfeeding the difficult nurser
- Nutritional information
- Instructions on pumping and storing milk

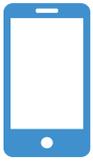
Breast Pump Rentals

OB Education rents breast pumps to mothers who need a hospital-grade pump for either short or long-term use. Contact the Hoag BabyLine for more information.



You must schedule an appointment with **Hoag's BabyLine at 949-764-BABY (2229)** for a one-on-one consultation. An hourly fee will apply.

BabyLine: 949-764-BABY (2229)



The BabyLine is staffed by a registered nurse that is an International Board Certified Lactation Consultant (IBCLC) with expertise and knowledge about pregnancy (before, during and after), as well as basic baby care and breastfeeding. The BabyLine is available Monday through Friday, 9 a.m. to 4:45 p.m. (closed on holidays).

The BabyLine is available to assist with the following:

- Basic baby care
- Breastfeeding
- Pumping questions
- Returning to work
- Basic infant feeding
- Mother care
- Resources available



Call 911 if you or your baby is having a medical emergency.



Circle® by Hoag App

Circle® by Hoag is a free pregnancy and parenting app that taps into a vast network of Hoag-approved local resources and tools. The app provides personalized information from birth through the teen years for multiple children.

Download the free Circle® by Hoag app for iPhone or Android. Learn more at hoag.org/circle-app.



Hoag Pacify® App

Every mom who delivers at Hoag will have unlimited access to Hoag Pacify, the breast feeding app that provides on-demand lactation support 24/7. As Hoag's further commitment to support breastfeeding, Hoag Pacify offers a valuable complement to the personal one-on-one breastfeeding support provided at the Hoag Breastfeeding Clinic. Your free, one-year Pacify membership provides on-demand, video-enabled access to a nationwide network of board-certified lactation consultants.

Download Hoag Pacify for iPhone or Android. Learn more at hoag.org/pacify. Call the Hoag BabyLine for download information.

