

# Lactation Support

As a certified BabyFriendly Hospital, Hoag Hospital's OB Education department strives to meet the needs of our expectant and nursing mothers. Hoag's Breastfeeding Clinic and BabyLine are staffed by registered nurses certified as International Board Certified Lactation Consultants (IBCLC).

A visit to our clinic provides a one-on-one breastfeeding consultation and provides new mothers with support, encouragement and answers to questions that commonly arise when their baby comes home from the hospital. Fathers or support persons are strongly encouraged to attend. Consultations include individual attention to your specific concerns, help with breastfeeding techniques, nutritional information, instructions on pumping and storage of milk. Cost of a one-hour consultation is \$40 and is by appointment only; please call the BabyLine to make your appointment.

Additionally, Hoag carries a variety of products to support and enhance your breastfeeding experience. Our line of maternity and nursing products, bra fittings, and pump sales and rentals are available in the OB Education department Monday-Friday, from 9 a.m. to 3:30 p.m., or weekends by calling the BabyLine nurse.

## When to Seek Lactation Support

- Your baby has difficulty latching onto your breast
- You have persistent sore nipples
- Your baby has not regained birth weight by two weeks
- Your baby cries after feedings, is hungry after feedings, or sleeps all the time
- Your mature milk has not come in by day seven
- Your baby does not have three or more yellow stools by day six
- Gain reassurance that you are doing a great job

## Hoag's BabyLine

BabyLine is answered seven days a week by an OB education registered nurse with special expertise and knowledge about pregnancy, as well as baby care and breastfeeding. Certified in many areas of childbirth education and lactation, our BabyLine staff offers new and expectant parents a key resource of information as well as support, empathy and understanding.



## BabyLine hours typically are:

Monday – Friday 9 a.m. – 5:45 p.m.

## Benefits of Breastfeeding for Mom

- Breast milk is convenient, free, clean and always the right temperature.
- Breastfeeding burns calories, assisting mom to lose her pregnancy weight faster.
- Mothers who breastfeed have a decreased risk of ovarian and pre-menopausal breast cancer, anemia and osteoporosis.
- Breastfeeding releases hormones that contract your uterus and helps it return to its normal size.

## Benefits of Breastfeeding for Baby

- Breast milk provides infants with the most complete nutrition possible.
- Breast milk is full of antibodies that help your baby fight infections.
- Breast milk is easy for your baby to digest.
- Breast milk reduces the risk of ear infections, allergies, colds and some diseases such as SIDS, diabetes and childhood cancers.

For more information, or to make an appointment for a lactation consultation, contact Hoag's BabyLine at 949/764-2229 (BABY).