

Lactation Support

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. One-hour consultations are available for \$45 and by appointment only. Call the BabyLine for scheduling.

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 baby does not have three or more yellow stools by day six.
- Your mature milk has not come in by day seven.
- Gain reassurance that you are doing a great job.

Hoag's BabyLine

BabyLine is answered Monday – Friday by an OB education registered nurse (IBCLC) 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:

Monday – Friday 9 a.m. to 4:45 p.m.

*Closed holidays



Breast Pump Rentals

OB education provides a breast pump rental service for mothers needing a hospital grade pump for either short or long-term use. Contact the Hoag BabyLine at 949-764-BABY (2229) for availability.

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.

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

Location:
500 Superior Avenue, Suite 300B
Newport Beach, CA 92663