

Outpatient Lactation Services at the Breastfeeding Clinic



If you find that you need further assistance with breastfeeding after you leave the hospital, we offer an outpatient breastfeeding clinic. The clinic is staffed by lactation consultants who are available, by appointment, to help you with any breastfeeding concerns. Although there is a fee for this service, some insurance may cover this cost. An itemized bill will be provided that you may submit to your insurance company for possible reimbursement.



Resources

We never want you to feel alone as you undertake breastfeeding your baby. Here are some helpful resources for you:

To speak with a lactation consultant, or to make an appointment for the **Saint Joseph Mercy Breastfeeding Clinic** please call [734-712-4214](tel:734-712-4214)

La Leche League [1-800-La Leche](tel:1-800-LaLeche) or [1-800-525-3243](tel:1-800-525-3243)
(Breastfeeding Support Group)

La Leche League of Ann Arbor [734-332-9080](tel:734-332-9080)

My Pediatrician's
phone number: _____

My Obstetrician or
Midwife's phone number: _____

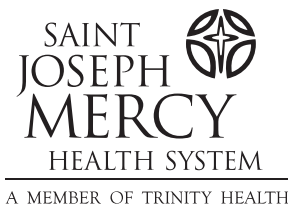


FAMILY BIRTH CENTER
ST. JOSEPH MERCY HOSPITAL

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Breastfeeding Services at St. Joseph Mercy Hospital



FAMILY BIRTH CENTER
ST. JOSEPH MERCY HOSPITAL



Breastfeeding at St. Joseph Mercy Hospital

Our goal is to support families in meeting their early breastfeeding needs. Because of the many benefits of breastfeeding for infants and mothers, we provide a comprehensive service including prenatal breastfeeding classes, inpatient lactation consults, and outpatient breastfeeding consultations.

RN staff and lactation consultants provide support and education while respecting and meeting the needs of each individual family. Our lactation consultants are certified by the International Board of Lactation Consultant Examiners (IBLCE), and are available seven days a week (except holidays).

Breastfeeding Preparation



We offer a two-hour breastfeeding class to be completed before the birth of your baby. This class is designed to offer you encouragement, information, and to help you prepare for the first few weeks of breastfeeding at home.

Topics include:

- Benefits of breastfeeding
- Proper positioning of your baby
- Nipple care
- How to pump and store milk
- Ways to increase your milk supply
- Family involvement
- Nutrition for mom
- Support and access to resources
- How to make sure the baby is feeding well
- Signs of hunger in your baby
- Certain challenges of breastfeeding
- Caring for yourself and baby while breastfeeding
- Techniques for pumping and weaning



This class is offered twice a month at the Ellen Thompson Women's Health Center. We encourage you to bring your support person with you to class. For class registration, visit our web site at www.sjmercyhealth.org.

Lactation Services in the Hospital



Our nurses and lactation consultants are available daily to assist you and your baby to learn to breastfeed. Daily breastfeeding classes are offered on the Mother/Baby Unit. Please feel free to bring your baby to class with you. Lactation consultants can also assist mothers who may have a premature baby or a baby that may have special medical needs, to establish and maintain breastfeeding.