

Breastfeeding?

Getting support and help.

Lactation Services:

- Inpatient and outpatient consultations by a Board Certified Lactation Consultant (IBCLC).
- Experienced OB nurses certified as breastfeeding counselors.
- Phone consults with our Lactation Consultant.
- Breast pumps for purchase in cooperation with Luck Pharmacy.
- **Free** support group. Children welcome and use our free valet service for parking assistance.



Support Group

Thursdays

2:00-3:30 PM



www.scrmc.org

Breastfeeding is natural but not always easy. Many new moms are bombarded with information that seems confusing or contradictory.



The breastfeeding support group offers busy moms a warm, accepting atmosphere of encouraging woman-to-woman help while providing current information and the services of a trained professional.

- Why breastfeed?
- How to breastfeed?
- How to return to work or school while breastfeeding?
- When should weaning begin?
- How do you know when baby is getting enough?
- How to overcome obstacles?

For more breastfeeding information please contact:

**OB Department
715-483-0576**

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715-554-2357

