

Breastfeeding Your Baby

UMC is supportive of mothers who want to breastfeed their newborn and will assist to assure a positive beginning in breastfeeding. In conjunction with policies that support lactating mothers, nurses offer years of professional and personal experience. Realizing that breastfeeding a newborn is an individual experience varied by many personal factors, UMC also offers guidance from a certified lactation consultant throughout the entire pregnancy.

Breastfeeding Concepts is a breastfeeding class offered to any moms-to-be and their community support persons on a monthly basis for a nominal fee. **Lactation consultations** are available during your hospital stay from our lactation staff of International Board Certified Lactation Consultants who are bilingual in English and Spanish.

Our Mommy-to-Mommy Support Group is facilitated by Lactation Educators and is open to any mom in the community at no charge. This support group meets every Thursday. Please call **694-0445** for information.

Additional Lactation Information:

- [American Academy of Pediatrics](#)
- [Breastfeeding.com](#)
- [Breastfeeding After Reduction](#)
- [Breastfeeding Online](#)

Web site links do not constitute endorsement. The material is provided for educational purposes only. Please consult with your lactation consultant or health care provider regarding the advisability of any opinions or recommendations with respect to your individual situation.

