

# Breastfeeding Support Services

Huntsville Hospital for Women & Children supports exclusive breastfeeding due to the proven health benefits. Our team of International Board Certified Lactation Consultants (IBCLCs) is here to help you achieve your breastfeeding and pumping goals.

## PUMPING ROOMS

Medela Symphony double electric breast pumps are available for use in the hospital at no charge. Consistent pumping every 2-3 hours will improve your milk production. Pumping can be done at the bedside or in one of our Neonatal ICU pumping rooms. Pumping rooms are located inside the progressive unit and near the security check-in desk.

## STEP CARDS

Step cards are used to determine your baby's readiness to breastfeed and progression of breastfeeding.

Step 1 - Skin-to-skin

Step 2 - Non-nutritive sucking

Step 3 - Learning to breastfeed

Step 4 - Breastfeeding with pre-feeding and post-feeding weights

Step 5 - Discharge planning

Step 6 - Term breastfeeding

## NEED BREASTFEEDING HELP OR SUPPORT?

Our lactation consultants are available for assistance in person or by phone from 8 a.m. to 4 p.m. daily. Just call (256) 265-7381.

The Breastfeeding Support Office at Huntsville Hospital for Women & Children specializes in hard-to-find items for expectant and nursing mothers including:

- Hospital-grade breast pump rentals
- Breastfeeding support products
- Certified bra fitters (by appointment)

*To reach the Breastfeeding Support Office, call (256) 265-7285.*