

Bringing a child into the world is a long-remembered experience. At Mercy Hospital's Childbirth Education and Lactation Center, we consider it a privilege to be a part of this special time in your family's life.

After the birth of your baby, the Lactation Center can provide you with private breastfeeding consultation, weekly breastfeeding and parenting support groups.

Breastfeeding classes/Postpartum support groups are held in the Mercy Hospital Lactation Center, located at 3663 South Miami Avenue, Building 1, South Room 1400. Phone: 305-446-2229.

- Private Breastfeeding Consultations - For our Mercy Hospital Breastfeeding patients we provide one on one bedside consultations.
- Private Postnatal Breastfeeding Consultation - By appointment only
- Rental of Medela Symphony which is the only evidence based research breastpump with two (2) PHASE EXPRESSION TECHNOLOGY

POSTPARTUM SUPPORT GROUPS

- Home with Baby Series (Weekly)
- Infant Massage (4 weeks)
- Natural Family Planning

WHEN TO CALL THE LACTATION CONSULTANT FOR HELP:

BEFORE THE BABY IS BORN, CALL IF:

1. You have flat or inverted nipples.
2. You tried to nurse before but had problems.
3. You have had any type of breast surgery.
4. You have questions about any aspect of breastfeeding.

AFTER THE BABY IS BORN, CALL IF:

1. Your baby is not latching-on or is not nursing well within 48-72 hours.
2. Born preterm between 35-38 weeks.
3. You are engorged or having nipple pain longer than 48 hours. Breastfeeding is NOT supposed to HURT!!!

4. Your baby is not having at least TWO (2) yellow bowel movements after the fourth day, in each 24-hour period.
5. Your baby is sleepy and hard to wake-up, or the feedings are less than 8 times in a 24 hour period.
6. You feel that your milk supply is low.
7. Your baby is NOT gaining weight or is a slow weight gainer.
8. You have a plugged duct or red area on your breast.
9. You intend to return to work or school.
10. You have TWO (2) bad feeds in a row.
11. There are special circumstances such as:
 - Labor or Delivery complications
 - Bottle fed at the hospital
 - Jaundice
 - Premature infant
 - Cleft/lip palate
 - Neurological Problems

Mercy Hospital's Childbirth Preparation Classes will help you understand the miracle in progress.

After the birth of your baby, our Center provides private breastfeeding consultations, parenting classes and specialized products for the new family including breast pumps for sale or rent.

