

Lactation Services

Getting a Good Start with Breastfeeding

Human milk is the preferred method of feeding for all infants, including premature and sick newborns. The American Academy of Pediatrics recommends that breastfeeding continue for at least the first 12 months, then continue as long as mutually desired.

At The Birth Center, our commitment to patient and family-centered care includes helping you provide the best nutrition for your newborn. Should you have breastfeeding challenges, we have nurses with specialized training called lactation consultants. They are available to help you with feeding difficulties, sore nipples, milk supply (too much or too little), premature babies, babies with special needs, multiples and breastfeeding an adopted baby. Our lactation consultants are International Board Certified and are registered nurses.



Our goal is to help you and your baby succeed at breastfeeding, starting with prenatal education and continuing as long as you breastfeed your child.

Lactation Consultants Help New Mothers and Babies

- While in the hospital, a lactation consultant is available every day of the week.
- Our support continues after you go home. If you have questions or concerns, please call our lactation consultants.
- If you would like to meet with a lactation consultant after you go home, you may schedule an appointment 7 days/week, 9:30 AM – 6:30 PM. Your insurance company will be billed for the appointment. Any charges not reimbursed by your insurance company will be billed to you.
- Weekly parent support groups are facilitated by a lactation consultant. Support groups offer an informal setting to ask questions and to meet other breastfeeding mothers.



**For more information or an appointment,
call 425.228.3440, ext 2526**

**Birth Center
Neonatal ICU
Pediatrics**

UW Medicine

VALLEY
MEDICAL CENTER

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