

# Lactation Services

## Getting a Good Start with Breastfeeding

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

At The Birth Center, our commitment to family-centered care includes helping you provide the best nutrition for your newborn. We have lactation consultants 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 from 9 AM – 4 PM.
- After you go home, if you have questions or concerns, please call our lactation consultants.
- 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.
- If an outpatient appointment is needed, the lactation consultant can schedule one for you. Your insurance company will be billed for the appointment. Any charges not reimbursed by your insurance company will be billed to you.



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

## The Birth Center & Neonatal ICU

UW Medicine

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