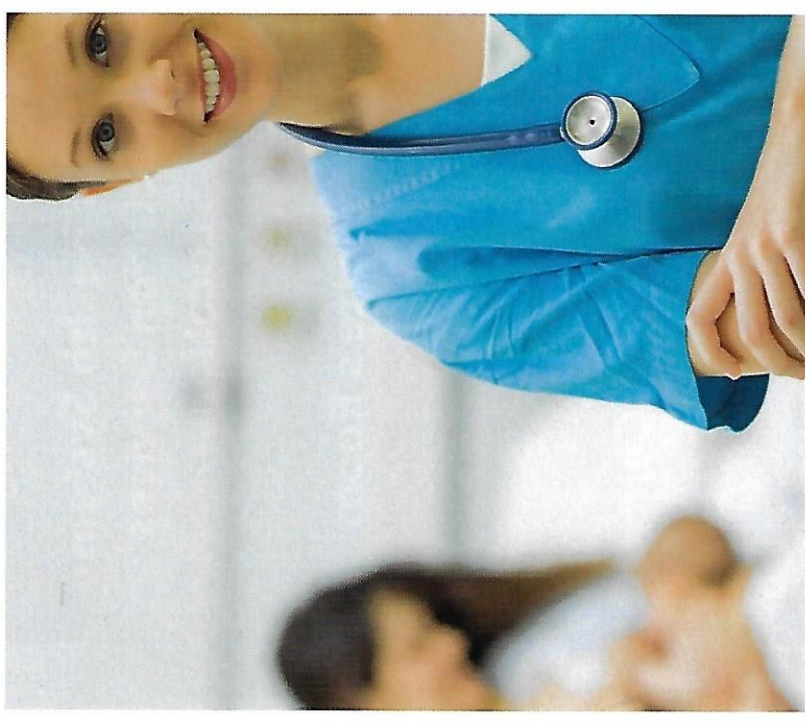




BREASTFEEDING SUPPORT SERVICES

Breastfeeding is an investment in your baby's future and a wonderful gift that lasts a lifetime. Your breast milk provides optimal nutrition and health for as long as you breastfeed – and beyond. At the DCH Regional Breast Care Center, our team of experienced Board Certified Lactation Consultants offers a variety of resources and services to help you achieve your breastfeeding goals.

- + **Weight Checks** + **Nursing Issues**
- + **Latch Assistance** + **Test Weights**



ABOUT CHARLOTTE'S ROOM

Charlotte loves her grandmother Cici more than anything else in the world. If Cici drives up to her house, Charlotte's mama gets a quick "you can go back inside now, Cici's got me," and they are off... to wonderful adventures that include beautifully set tea parties, Barbie dolls handed down from Cici's 1950's collection, and thrice-weekly overnight visits. Charlotte and her brother Steven are also inheriting

their grandmother's love of riding horses, and she is a frequent presence at their lessons.

Charlotte's Cici is just as dear to the DCH Health System as she is to her granddaughter – because she is just as generous to our moms and their babies as she is to her own.

This Breastfeeding Support Center was funded by one of several generous gifts from "Cici" that are helping every mother give her child the best possible start in life. The DCH Foundation recognizes this gift in honor of the extra special relationship that Charlotte has with her Cici, and the love we all have for our children.

Made possible by

**THE DCH
Foundation**
thedchfoundation.org

DCH Health System Lactation Services Locations

📍 Charlotte's Room

Breast Feeding Support Center
DCH Regional Medical Center
Located in the DCH Medical Tower
P: (205) 750-5928

📍 Breast Care Center

Northport Medical Plaza
Suite 103
P: (205) 330-3031



Appointment Hours

Monday – Friday
Consultations are by appointment only

Consultants

Available for weight checks, latch assistance, test weights, nursing issues and professional nursing bra fitting.

Consult Fee: \$20 per 30 minutes of consult time.

Store Products

Bras, nursing stools, nursing supplies and pump kit for Medela.

Obtain breast pumps through your insurance and have them delivered by the DCH home medical equipment at either campus. For more information, call (205) 330-3177.

Baby Weigh Day

- Breast Care Center (Northport) From 1-2 pm on the 1st and 3rd Wednesday of each month.
 - Charlotte's Room (DCH Regional) From 1-2 pm on the 2nd and 4th Wednesday of each month.
- *No Charge

Lactation Consultants

- Jane Abel, RN, IBCLC
- Mary McAteer, RN, IBCLC
- Michelle Ray, RN, IBCLC
- Morgan Kirkland, RN, IBCLC
- Erin Kelly, RN, IBCLC



The Academy of Pediatrics recommends a follow-up on all breastfed infants within 2 – 3 days of discharge.