



**Baptist Health  
South Florida**

BAPTIST HOSPITAL OF MIAMI • SOUTH MIAMI HOSPITAL • DOCTORS HOSPITAL  
BAPTIST CHILDREN'S HOSPITAL • HOMESTEAD HOSPITAL • MARINERS HOSPITAL  
BAPTIST OUTPATIENT SERVICES • BAPTIST CARDIAC & VASCULAR INSTITUTE

**Thinking about  
breast-feeding?**

**We can help**

**Lactation Services**



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**T**he first decision you will make about your baby's nutrition is whether to breast-feed or bottle-feed. A new mother may have a lot of questions about breast-feeding, including:

- Which is best for the baby?
- Will I be able to breast-feed?
- How will I know if I have enough milk?
- Can I continue to work and breast-feed?

We encourage new moms to breast-feed, and if you decide to feed your infant this way, we'll do all that we can to make it a rewarding experience. Some of you will have questions about breast-feeding before your baby is born. Others may need help in the first days after birth. And, often, mothers have questions about continuing to breast-feed as the baby gets older.

## **Support services offered by Baptist Health include:**

### **Before You Have Your Baby**

■ **Prenatal Breast-feeding Classes** — Our classes provide education for those who plan to breast-feed, as well as for those who are undecided. We encourage the father or support person to attend. Included will be information for families who want to know more about breast-feeding, nutrition concerns and options for breast-feeding mothers who return to work. For information about prenatal class:

**Baptist Hospital**, call **786-596-8748**  
or e-mail us at  
[baptistchildbirth@baptisthealth.net](mailto:baptistchildbirth@baptisthealth.net).

**South Miami Hospital**, call **786-662-5026**  
or e-mail us at  
[southmiamichildbirth@baptisthealth.net](mailto:southmiamichildbirth@baptisthealth.net).

**Homestead Hospital**, call **786-243-8177**  
or e-mail us at  
[homesteadchildbirth@baptisthealth.net](mailto:homesteadchildbirth@baptisthealth.net).

### **While You're in the Hospital**

■ **Breast-feeding Assistance from Nurse Specialists and Lactation Consultants** — Whether you've had your baby at South Miami Hospital, Baptist Hospital or Homestead Hospital, breast-feeding help is available while you're still in the hospital following your baby's birth. If you have questions, you may ask your nurse, who is specially trained in breast-feeding. She may refer you to our lactation consultants (who are Board-certified specialists in breast-feeding). Call **786-596-2671**.

### **After You Go Home**

■ **Private Consultation** — A lactation consultant is available to assist you after you leave the hospital. She'll schedule a private appointment for you to come to the lactation consultants' office at Baptist Medical Plaza at Palmetto Bay, Suite 206, 8750 SW 144 Street. (There is a minimal charge for this service.) Call **786-596-2671**.

■ **Support Groups** — A free breast-feeding support group meets the first and third Wednesdays of the month, 10-11:30 a.m., at Baptist Medical Plaza at West Kendall, 13001 N. Kendall Dr. Call **786-596-2671** for more information.

■ **Breast Pump Rentals and Sales** — Electric breast pump rentals are available at Baptist Medical Plaza at Palmetto Bay. The lactation consultant can guide you in your decision to use this equipment, as well as explain how the equipment works. Breast pumps are also available for sale. In addition, we feature a full line of breast-feeding accessories, such as nursing bras, nursing pillows, lanolin, breast shells and freezer bags. Call **786-596-2671**.

**For more information** about breast-feeding services, call the lactation consultants at Baptist Medical Plaza at Palmetto Bay, **786-596-2671**, 9 a.m.-5 p.m. weekdays. Visit us at [www.baptisthealth.net](http://www.baptisthealth.net).