

Breastfeeding Services

Choosing to breastfeed is a smart decision!

The latest research proves what many mothers have known for years – that breast is best! Our breastfeeding program at Sumner Regional Medical Center is designed to help you achieve a great nursing experience right from the start. From prenatal classes and consultations to weaning instruction, to outpatient follow-up visits following the birth of your child, we hope to help make breastfeeding an enjoyable and amazing experience for you.

Our staff includes an International Board Certified Lactation Consultant (IBCLC) with experience in all aspects of breastfeeding and an obstetrical staff trained to help you with the first nursing right after the birth of your child as well as during your post-partum stay. We are here to help make each feeding while you are at Sumner Regional Medical Center a positive learning experience.

Why Choose Breastfeeding?

- Breastmilk contains antibodies to keep your baby healthy
- It's free
- Immunizations are more effective in the breastfed infant
- Breastfed infants are at a much lower risk for SIDS (Sudden Infant Death Syndrome)
- Breastfeeding decreases risks of obesity
- Breastfed children have fewer allergies
- Mothers who breastfeed have less risk of ovarian and breast cancer
- Breastfeeding saves time and money
- Breastfeeding enhances bonding
- Breastfed babies experience fewer colds and ear infections
- Breastfeeding mothers get more sleep

Services Provided by our Breastfeeding Program

Before your baby is born:

- **FREE** prenatal breastfeeding classes
- Outpatient prenatal consultations



While you are in the hospital:

- Assistance from trained obstetrical staff and Lactation Consultant, as needed
- Assist with feedings and answering questions

Once you return home:

- Outpatient consultations after you are home (per fee, although most consultations are now covered by insurance*) for infant weight checks, feeding assessments and to address problems
- Phone calls
- Physician referrals

Many mothers have questions and concerns about having a successful breastfeeding experience. Our Lactation Consultant is available for one-on-one instruction time and to assist with any difficulties that may arise.

**SRMC's Central Scheduling Office would be happy to check with your insurance provider regarding your coverage of any outpatient breastfeeding consultations. Call 615.328.6500 to learn more.*

Questions We Can Answer

- Is my baby getting enough milk?
- My breasts are sore. Is there help?
- If my baby is born early, what things do I need to know to help my baby breastfeed?
- Can I nurse while I'm taking certain medications?
- Will I be able to continue breastfeeding after I return to work?
- How can Dad be involved with a nursing baby?
- I am getting lots of different information. How do I know what is right?

Reasons to be seen by a Lactation Consultant:

Before Baby Arrives:

- History of breast surgeries
- Difficulties with breastfeeding a previous child
- Pregnant with multiples
- Adoptive nursing

After baby arrives:

- Sore nipples or breasts
- Low milk supply
- Weight gain issues in baby
- For strategies for returning to work/pumping
- Relactation

If you are experiencing breastfeeding difficulties or have concerns about your milk supply, or if you are concerned about your baby's weight gain, please call **1.888.424.DOCS (3627)** to make an appointment.

**For more information about Breastfeeding Services at Sumner Regional, contact:
Women's Services at SRMC 615.328.4262**



For more information about other services available at Sumner Regional Medical Center, please visit **MySumnerMedical.com**.