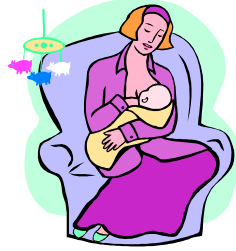


# LACTATION SERVICES FOR KAISER REDWOOD CITY



## **ANTEPARTUM CARE**

Kaiser Redwood City provides lactation services for families from the beginning of the pregnancy. Our OB/GYN physicians, nurse practitioners and nurse midwives will examine the expectant mother's breasts during the prenatal visits and will refer to the Outpatient Lactation Consultants if there are any concerns. In addition, expectant families have the opportunity to attend a Prenatal Breastfeeding class offered once a month by Health Education.

## **DURING THE HOSPITAL STAY**

Our hospital is very supportive of breastfeeding families. Within the first half hour to hour after the birth of the baby (if all is well with mother and baby), the breastfeeding is begun with the help of trained labor and delivery staff. Once mother and baby are on the 5south postpartum unit, there are hospital staff nurses who are available to assist new mothers with the feedings. If any baby has difficulty with breastfeeding or if there are concerns of the mother, a specially trained Lactation Consultant is available to provide breastfeeding education and assistance.

## **POSTPARTUM CARE**

Once the new family arrives home, they are in the care of the Pediatric Outpatient Clinic. This is where the baby's follow-up appointments will be held 1-3 days after being discharged from the hospital and as needed thereafter. In the clinic, there are two Lactation Consultants who work Monday to Friday. Appointments are to be scheduled by calling 650-299-2545 and leaving a message as to why the family is requesting assistance. This phone number is the Lactation Line where families may also leave detailed questions regarding breastfeeding. These phone calls are returned in 24 hours or on Monday if parents call over the weekend. The Call Center at 650-299-2015 also has breastfeeding protocols to assist families. This number can be called 24 hours a day, 7 days a week.

Ongoing breastfeeding discussions also take place during Baby Club appointments and The Newborn and Me groups. Information on these groups can be found at the Health Education department in the Cypress Building.

## **WEBSITES FOR BREASTFEEDING INFORMATION**

**(You may need to cut and paste the below links to the address bar of your internet browser)**

[www.breastfeeding.com](http://www.breastfeeding.com)

[www.medela.com](http://www.medela.com)

[www.lactation.com](http://www.lactation.com)