

Why Breastfeed?

- *Breast milk provides the best possible balanced nutrition to meet your baby's growing needs.*
- *Breast milk contains antibodies to protect your newborn from most bacterial and viral infections.*
- *Breast milk is convenient, economical and just the right temperature for your baby.*
- *Breastfeeding reduces the risk of childhood diseases such as asthma, ear infections, diabetes and SIDS (Sudden Infant Death Syndrome).*
- *As a group, breastfed babies are sick less often and less severely than their formula-fed counterparts.*
- *Breastfeeding helps your baby's tooth and jaw development and reduces tooth decay.*
- *Women who breastfeed burn extra calories and reduce their risks of developing ovarian cancer, premenopausal breast cancer, osteoporosis and anemia.*
- *Breastfeeding causes the uterus to return to normal size faster.*



Quality. Defined.

Breastfeeding Resource
Center at NewLife®
Maternity Center
DELNOR HOSPITAL
300 Randall Road
Geneva, Illinois 60134
630/208-3000

www.delnor.com

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Breastfeeding Resource Center



Successful Breastfeeding

The international board certified lactation consultants of Delnor's Breastfeeding Resource Center, along with your physician and your baby's physician, want breastfeeding to be successful for you and your baby.

The time to call us is now if:

- You are experiencing pain with breastfeeding.
- Your newborn is not stooling three to four times a day and wetting six or more times a day.
- You are having difficulty understanding your baby's feeding behavior.
- You want to know how to combine breast feeding and employment.
- You have questions regarding your diet or medications.
- You are worried about your milk supply or have other concerns.

Individualized Help

We offer a comprehensive breastfeeding management program involving individual assessment and plan of care. Consultations are performed for both mother and infant on a one-on-one basis.

Services include:

- ***Breastfeeding assistance while an inpatient***

All of the NewLife® Maternity nurses are able to assist you with breastfeeding support; providing the one-on-one attention many new moms need to get started successfully. If you need extra support or are having difficulties, our international board certified lactation consultants can give you the help you need.

- ***Telephone advice hotline***

Call 630/208-4068 and leave a message. A lactation consultant will get back to you as soon as possible.

- ***Private outpatient consultation***

The services offered by our lactation consultants don't stop once you leave the hospital. NewLife's Breastfeeding Resource Center services are available to all moms whether you delivered at Delnor or elsewhere. A physician's order is required in order to schedule an outpatient consultation, and there is a fee for the service. To schedule an appointment, call 630/208-4068.

Additional Resources

- ***Breastfeeding support group***

This mother-to-mother support group offers encouragement and helpful suggestions to support successful breastfeeding. The group meets every Monday from 10 to 11:30 a.m. (except for holidays) in the NewLife Maternity Center. You are welcome to bring your baby along. No registration is required.

- ***Monthly pre-natal breastfeeding class***

Expectant mothers and fathers are encouraged to attend this class conducted by a board certified lactation consultant. Topics discussed include breastfeeding techniques; the prevention, recognition and management of potential problems; and returning to work. To register, call Community Health & Outreach at 630/208-3999 or visit www.delnor.com

- ***Breast pump rentals and resources***

The Breastfeeding Resource Center is located at the NewLife Maternity Center. Call 630/208-4068. Leave a message and your call will be returned as soon as possible.

