

Lactation Center

Breast-feeding Support and Resources

The W.G. Watson, M.D., Women's Center at University Hospital is pleased to provide breast-feeding support and resources to new and expecting mothers. Recognizing that breast milk is the best nutrition for babies, our international board-certified lactation consultants promote successful breast-feeding by offering education, consultations and breast-pump rentals and sales.

A lactation specialist is always on-call to assist with breast-feeding problems or questions.

Free Services

- Telephone consultations
- Inpatient consultations
- Monthly classes for expectant parents

For-fee Services

- Electric breast pump rentals and sales
- Breast-feeding aids and accessories

No matter where you deliver your baby, you may access our services. We offer individual planning for breast-feeding mothers returning to work and for those with special situations. Call 706/774-2825 from 8 a.m. to 4 p.m. Monday through Friday to schedule an appointment or to register for classes.

Why should I breast-feed my baby?

- Breast milk comes in its own container and is always just the right temperature.
- Breast milk has the right amounts of everything the baby needs – no mixing necessary.
- Breast milk is recommended by the American Academy of Pediatrics as the sole source of nutrition for the first six months of life.
- Breast-feeding aids in an infant's good jaw and teeth development.
- Breast-feeding long term can offer Mom protection against some female cancers.
- Breast milk contains antibodies to help protect your baby against sickness.
- Breast milk helps Mom's uterus return to its pre-pregnancy size faster.
- Breast milk is practically free.
- Breast milk adapts to the changing needs of the baby.
- Breast-fed babies are sick less often.

For these and many other reasons, W.G. Watson, M.D., Women's Center at University Hospital is here to support your breast-feeding experience.

For breast-feeding assistance at any time, please feel free to call 706/774-2331.

9670-6764/May 2007