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## Why breastfeed?

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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 illnesses 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

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**Northwestern Medicine  
Central DuPage Hospital**  
25 North Winfield Road  
Winfield, Illinois 60190  
630.933.1600

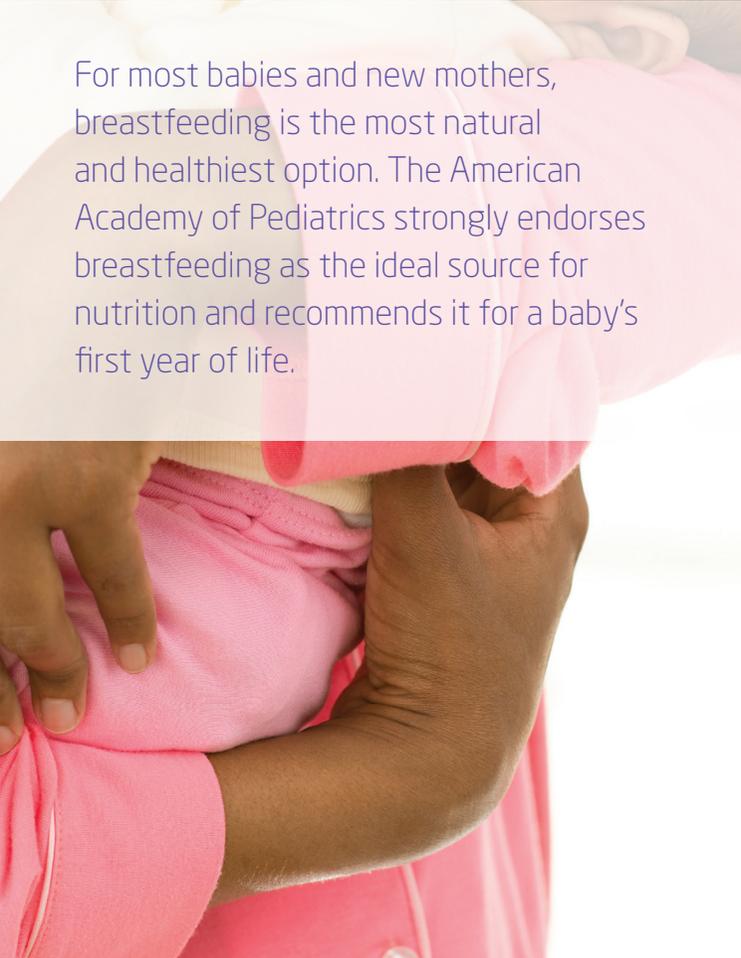
**Northwestern Medicine  
Delnor Hospital**  
300 Randall Road  
Geneva, Illinois 60134  
630.208.3000

TTY for the hearing impaired 630.933.4833

[cadencehealth.org](http://cadencehealth.org)



# Lactation Services



For most babies and new mothers, breastfeeding is the most natural and healthiest option. The American Academy of Pediatrics strongly endorses breastfeeding as the ideal source for nutrition and recommends it for a baby's first year of life.

# Lactation Services

The international board-certified lactation consultants at Northwestern Medicine Central DuPage Hospital and Northwestern Medicine Delnor Hospital, along with your physician and your baby's pediatrician, want breastfeeding to be successful for you and your baby. Our trained lactation staff will work with you during your hospital stay to ensure you are comfortable with breastfeeding. They also provide phone counseling and outpatient visits if you experience any of the common problems that may occur with breastfeeding after you and your infant leave the hospital.

## Breastfeeding assistance while an inpatient

Whether you deliver at Central DuPage Hospital or Delnor Hospital, maternity nurses are able to assist you with breastfeeding support, providing one-on-one attention many new moms need to get started successfully. If you need extra support or are having difficulties, your mother/baby nurse can arrange for care from one of our board-certified lactation consultants.



## Breast pump rentals

Breast pump rentals are available for a 14-day flat fee or monthly rate thereafter. Call for more information.

Central DuPage Hospital Lactation Services  
630.933.6407

Delnor Hospital Lactation Services  
630.208.4068

## Telephone Advice Hotline/ Outpatient Consultations

Certified lactation consultants can help with breastfeeding issues after you leave the hospital. Please note that HMO insurance policies require a physician order for a lactation consultation.

Central DuPage Hospital  
Lactation Services  
630.933.6407

Delnor Hospital Lactation Services  
630.208.4068

TTY for the hearing impaired 630.933.4833

## When to Call a Lactation Consultant

Your baby is not effectively nursing at least 8-12 feedings per day

Your baby is producing scant, highly-concentrated urine or no urine at all

Your baby has infrequent stools (fewer than three tablespoon-size stools per day by the end of the first week of life) or has no stools during a 24- to 48-hour period

Your baby does not seem content after breastfeeding

You do not hear nor feel your baby swallowing during feedings after your breast milk has come in

You do not experience breast fullness with the onset of milk production by the fourth or fifth day after delivery

You experience nipple soreness or skin irritation that becomes more intense or lasts beyond the first week

You develop a new onset of nipple soreness weeks or months after birth

You are experiencing breast pain, discharge, tenderness or other worrisome symptoms

Engorged breasts are making feeding difficult

You've had previous difficulties with adequate breast milk supply

We are dedicated to helping mother and baby achieve breastfeeding success and offer these community classes to provide education and support.

# Community Classes

## Breastfeeding Basics

Breastfeeding provides a strong nutritional and bonding foundation for your new baby and enhances your recovery experience. Learn why breastfeeding is important for both you and your baby and how to get off to a good start. Classes are conducted by a board-certified lactation consultant. Partners are strongly encouraged to attend.

### Call for dates

Central DuPage Hospital, Winfield  
Delnor Hospital, Geneva

## Breastfeeding Support Group

Facilitated by a lactation consultant, this group offers the opportunity for breastfeeding mothers to exchange information and experiences about breastfeeding. A scale is available for you to weigh your baby.

### Call for dates

Central DuPage Hospital, Winfield  
Delnor Hospital, Geneva

To register for classes, please call 630.933.4234.  
TTY for the hearing impaired 630.933.4833