



Most of the time, breastfeeding is the most **natural and healthiest option.**

The American Academy of Pediatrics strongly endorses breastfeeding as the ideal source of nutrition. They recommend it for a baby's first year of life or longer.



Northwestern Medicine Lake Forest Hospital
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TTY for those who are deaf or hard of hearing: 711

nm.org



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Women and Children's Services

Lactation Services



Why breastfeed?

- › Breast milk provides the best balanced nutrition to meet your baby's needs.
- › Breast milk has antibodies to help protect your baby from bacterial and viral infections.
- › Breast milk is convenient, cost-effective and just the right temperature for your baby.
- › Breastfeeding reduces the risk of some illnesses, such as asthma, ear infections, diabetes and sudden infant death syndrome (SIDS).
- › As a group, breastfed babies are sick less often and less severely than their formula-fed peers.
- › Breastfeeding helps your baby's tooth and jaw development and reduces tooth decay.
- › Breastfeeding burns extra calories and reduces the risk of ovarian cancer, premenopausal breast cancer, osteoporosis and anemia.
- › Breastfeeding helps the uterus return to its normal size faster.



We are dedicated to you and your baby

The board-certified lactation consultants at Northwestern Medicine Lake Forest Hospital, along with your physician and your baby's pediatrician, want to help you be successful with breastfeeding.

Our trained lactation staff will work with you during your hospital stay to help you get comfortable with breastfeeding.

If you have any breastfeeding problems after you leave the hospital, lactation consultants can help you over the phone or with an outpatient visit through Northwestern Medicine Central DuPage Hospital, Northwestern Medicine Delnor Hospital or Northwestern Medicine Huntley Hospital.

Breastfeeding assistance

After you give birth, maternity nurses can assist you with breastfeeding support. They provide the one-on-one care many people need to get started successfully. If you need extra support or are having challenges, your nurse can arrange for care from one of our board-certified lactation consultants.

Advice hotline and outpatient consultations

Lactation consultants from Central DuPage Hospital, Delnor Hospital or Huntley Hospital can help you with breastfeeding issues after you leave Lake Forest Hospital. Please note that your insurance plan may require a physician order for an outpatient lactation consultation. Call your insurance company to learn more about your lactation coverage.

Central DuPage Hospital Lactation Services:
630.933.6407

Delnor Hospital Lactation Services: 630.208.4068

Huntley Hospital Lactation Services: 224.654.0360

TTY for all locations: 711

The Lactation Network can also provide support and resources for breastfeeding moms by connecting them with International Board-Certified Lactation Consultants covered by insurance. To learn more, visit lactationnetwork.com.

Breast pump rentals

You can rent a breast pump for either a 14-day flat fee or a monthly rate from Central DuPage Hospital, Delnor Hospital or Huntley Hospital. Call for more information.

You can also rent a breast pump and have it shipped to your home at breastpumpstore.com.

If you have state insurance or Medicaid, contact Women, Infants and Children (WIC) or call your local health department. For TRICARE insurance, you can read about coverage on the TRICARE website, tricare.mil.



When to call a lactation consultant

- › Your baby is not nursing at least 8 to 12 times per day.
- › Your baby only produces a little, highly concentrated urine or no urine at all.
- › Your baby has infrequent stools (fewer than 3 tablespoon-size stools per day during the first week of life) or has no stools during a 24- to 48-hour period.
- › Your baby does not seem content after feedings.
- › You do not hear or feel your baby swallowing during feedings after your breast milk has come in.
- › Your breasts do not feel full once your milk comes in, normally by the fourth or fifth day after birth.
- › You have nipple soreness or skin irritation that gets more intense or lasts beyond the first week.
- › You develop new nipple soreness weeks or months after birth.
- › You have breast pain or tenderness, nipple discharge or other worrisome symptoms.
- › You have engorged breasts that make it hard to feed your baby.
- › You have a history of breast milk supply issues.

Community classes

We hold classes at Lake Forest Hospital. To learn more, please visit classes.nm.org.

Understanding Breastfeeding

Certified lactation consultants teach this class about milk production, storage, positions and other tips. We designed this class for couples so partners can learn how to support you in your breastfeeding journey.

New Moms Support Group

Let us continue to support you after you go home! We offer this group at no charge for new moms with a baby younger than 1 year who are looking for support and a chance to network with other mothers. Topics include infant feeding, sleep patterns, changing family relationships and more.

Other classes offered at Lake Forest Hospital:

- › Understanding Birth
- › Understanding Your Newborn
- › Infant and Child CPR
- › Expectant Parent Tour
- › Expectant Grandparents

To register for classes, please visit classes.nm.org or call **877.926.4664** (TTY: 711).