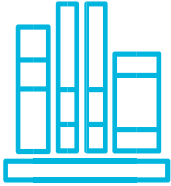


Are you planning to

BREASTFEED?

we are here every step of the
Hendricks Regional



TAKE A CLASS

Take a Class! Hendricks Regional Health's Childbirth Center offers a variety of pre-natal classes on Breastfeeding as well as Labor & Delivery. Support Partners are encouraged and welcome to attend with you. Tours of our Childbirth Center are also available. Check out www.hendricks.org/events to find all the options to best meets your needs.

PLAN FOR BIRTH

Planning for birth with your Provider & asking questions about breastfeeding resources can help you be more prepared to breastfeed. If you and baby are healthy, don't rush labor, let it begin on its own. Work with your Health Care Provider to set goals for breastfeeding.



BUILD A SUPPORT TEAM

Surround yourself with support to reach your breastfeeding goals. Find a champion to cheer you on, your birth partner, grandmother or friend. Connect with your local WIC office and community breastfeeding resources. Pre-natal consults with a HRH Lactation Consultant are available for questions and concerns before delivery.

KEEP BABY CLOSE

Keep your baby close after they are born. At HRH we encourage skin to skin immediately after birth and during your stay and the first few weeks at home. This helps you bond with your baby, keeps them warm and close for feedings and helps them feel safe.



LEARN BABY'S CUES

Babies give signs that they are hungry. When we respond to these quickly it makes breastfeeding easier & helps your body make breastmilk. During your stay at HRH, we encourage you to 'room in' with your baby, to help you learn your baby's cues.

KNOW YOUR RESOURCES

HRH Lactation Consultants are available even after you go home. They offer a 'Latch Hour' for new moms, a small group designed for moms and their newborns, Mommy Café, online groups, classes, outpatient visits, weighted feeds, resources for breast pumps and a lactation warmline for questions that you have even in the middle of the night. **Connect with them at: 317-745-8448**



Hendricks
Regional Health