

# HRH Infant Feeding Resources

After you go home, Hendricks Regional Health is here to help with all your Baby Feeding needs.

## LATCH hour

### PURPOSE:

*Teach Basics of a Good LATCH  
Milk transfer & Weighted Feedings  
Troubleshooting problems  
>>In a Small Group Setting<<*

### Reasons to attend:

- you are breastfeeding
- newborn is younger than 4 weeks
- you are new to breastfeeding
- having trouble with LATCH
- having pain with feedings
- baby is not back to birth weight
- baby is gaining weight slowly
- to check in with a Board Certified Lactation Consultant
- OR any other reason that is making you worry about breastfeeding

For Newborns & Moms

Dates/Times & to Register:

[www.hendricks.org/events](http://www.hendricks.org/events)



For Questions Contact: Lactation Services, 317-745-8448  
Kimberly Flora, CBC Patient Educator 317-718-4585

\*due to changing visitor guidelines, classes/groups may be moved online  
communication will be sent through the email you sign up with