

Lactation Program at Elliot Hospital

Our Lactation Consultants are Registered Nurses specializing in Maternal Infant care and are certified through the International Board of Lactation Consultants. We are here to offer sensitive and supportive care to help you reach your breastfeeding goals.

We Provide:

- 7 day a week support with in hospital visits for all breastfeeding families
- Telephone consultation for breastfeeding issues/concerns after discharge
- Outpatient Lactation consultations available by appointment

Elliot New Mom's Group

This weekly get-together welcomes all new mothers and their babies from newborn to 12 months old. It gives new moms the opportunity to meet and network about life with your new baby! The group is led by an experienced Elliot Hospital Registered Nurse who is also an International Board Certified Lactation Consultant. Topics shared include feeding, crying, sleeping, relationships, and finding your new balance in life. Guest speakers are invited throughout the year. New Moms' Group is a free and informal group and held every Wednesday from 11am - 1pm at The Elliot at River's Edge.

Community Breastfeeding Support:

- **La Leche League:** www.lllmenh.org Mother to mother support, monthly meetings, volunteer breastfeeding help given by trained leaders
- **WIC:** Federal Supplemental Food program for Women, Infants and Children. Manchester 1-800-256-9880

Lactation Consultant Telephone Warmline: 603-663-4464

Resources:

ePublications: "Your guide to Breastfeeding" and Breastfeedingvfact sheet: www.womenshealth.gov/breastfeeding

Back to work/The Affordable Care Act/ Know your rights www.womenshealth.gov/breastfeeding/going-back-to-work

For Information on medications and breastfeeding www.mommymeds.com is a parent friendly resource

NH Breastfeeding Task force www.nhbreastfeedingtaskforce.org

 **The Elliot**

A Member of  **SOLUTIONHEALTH**

