

Meet

Gina Collins, IBCLC

Director of Lakeside Breastfeeding
Resource Center

As an **IBCLC** (International Board Certified Lactation Consultant) I offer support to breastfeeding mothers by reassuring them when breastfeeding is going well, and by providing information and support to help prevent and manage common concerns.

As your consultant I will:

- Provide prenatal counseling about risk factors that may affect breastfeeding
- Offer basic position and latch of the infant information about practices that promote successful breastfeeding
- Help mother in preventing and managing common concerns such as poor latch, inadequate milk transfer or supply, nipple or breast pain, and calming a fussy baby
- Provide information about milk expression and storage for mothers who must be separated from their babies
- Teach strategies for breastfeeding after returning to work
- Provide information about breastfeeding in challenging situations, such as breastfeeding twins or triplets, a premature or sick infant, or infants in special medical situations



Lakeside's Lactation program also includes:

- Weight check
- Intake amount assessment
- Pump rental and sales
- Breastfeeding supplies
- Follow up for premature infant feeding

Lactation consultation hours:
9 a.m. to 3 p.m. Monday thru Friday
Appointments may be made by calling
405-213-3079

The cost of this program is \$100

Lakeside Women's Hospital

10900 Hefner Pointe Drive Suite 501
North Shore Building
Oklahoma City, Oklahoma 73120
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Lactation CONSULTATION

Lakeside Breastfeeding
Resource Center



Lakeside Women's Hospital

Proud to be our community's women's hospital

Breastfeeding

Mothering through breastfeeding is the most natural and effective way of understanding and satisfying the needs of the baby.

Mother and baby need to be together early and often to establish a satisfying relationship and an adequate milk supply.



In the early years the baby has an intense need to be with his mother, which is as basic as his need for food.

Breast milk is the superior infant food.

For the healthy, full-term baby, breast milk is the only food necessary until the baby shows signs of needing solids, about the middle of the first year after birth.

The American Academy of Pediatrics recommends exclusively breastfeeding for six months then until mutually beneficial for mother and baby.

Brand New

A warm, sweet breath upon my face,
softness fills my so small space.

Little do I know the time,
I'm new, and weak,
and oh so blind.

A touch of wetness on my brow,
a closeness felt,
a kiss and smile.

Hold me tight,
I'm all brand new,
this world so big apart from you.

Don't leave me lone,
or lay me down,
I'll need your love,
this night unknown.

Your heart is pounding next my face,
I love the sound,
I'll stay this space.

So warm, so close,
your scent's embrace.

Oh mother mine,
you're mine this place.

