

Lakeside offers 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.

Your consultant 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 sales (FSA eligible)
- Breastfeeding supplies (FSA eligible)
- Follow up for premature infant feeding
- Gift certificates available in gift shop
- Oklahoma Healthcare Authority provider

LACTATION CONSULTATION HOURS:

8 a.m. to 3 p.m. Monday thru Friday

Appointments may be made by calling
(405) 936-1568

The cost of this program is \$100 and may be covered by some insurance plans. Payment expected at time of service. Documentation provided upon request for submission to insurance company.

Lakeside Women's Hospital

11200 N. Portland
Oklahoma City, Oklahoma 73120
www.lakeside-wh.com

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 desired by mother and baby.

Gift Certificates

Gift certificates are available for purchase in the Lakeside Gift Shop. Certificates are good for two outpatient lactation consults for the price of \$150 (a \$50 savings). This will include an evaluation by a certified lactation consultant. These certificates make great gifts for baby showers or any mama to be. A gift certificate for one lactation consult may also be purchased for \$100.

Lakeside lactation department is an Oklahoma Healthcare Authority outpatient lactation consultant provider. OHCA currently covers up to six outpatient consults within six months of delivery.

