



Breastfeeding can be one of the most enjoyable experiences a mother shares with her baby.

Most women choose to breastfeed because they want to spend those special times with their babies and because they know that mother's milk is best for their infants.

Most people think breastfeeding is a simple process that women and infants do instinctively. Yet special skills are involved in breastfeeding. And, as with most rewarding experiences in life, it takes planning, preparation, patience and support to make breastfeeding successful.



The Mother Baby Center at United and Children's – St. Paul has developed the Breastfeeding Resource Center, which provides an innovative program of education, support and professional advice for women who choose to breastfeed their babies.

The Breastfeeding Resource Center's lactation consultants provide services for all women who are breastfeeding, with emphasis on those who have special needs or problems.



### Location and Parking

United Hospital is located in downtown St. Paul, near the Cathedral of St. Paul, Capitol Hill and the Excel Energy Center. United is easily accessible from I-35E (north and south), as well as the Marion and Kellogg exits from I-94 (east and west).

Patients, families and visitors may park in one of four ramps. All ramps are connected to United Hospital by underground corridors. The Red Ramp gives you direct access to The Mother Baby Center. United Hospital also offers valet parking from 6 a.m. to 6 p.m. Monday through Friday at the front entrance of the hospital and from noon to 10 p.m. at the entrance to the Emergency Department.

## BREASTFEEDING RESOURCE CENTER



DELIVERED BY:



345 Smith Avenue North  
St. Paul MN 55102  
651-241-6250  
info@themotherbabycenter.org

[TheMotherBabyCenter.org](http://TheMotherBabyCenter.org)  
[Facebook.com/TheMotherBabyCenter](https://Facebook.com/TheMotherBabyCenter)



DELIVERED BY:



## ABOUT THE LACTATION CONSULTANTS

Our lactation consultants have advanced education, board certification and years of experience helping breastfeeding mothers and their babies. Their goal is to help mothers and their babies enjoy the most rewarding and satisfying breastfeeding experience possible.

They provide breastfeeding education and information before and after the baby is born, identify early signs of difficulty with breastfeeding while mothers are still in the hospital, advise and instruct women on techniques that may improve the quality of breastfeeding, and consult with health care providers, advising them about options and suggesting solutions for any breastfeeding difficulties their clients may be experiencing.

## OUTPATIENT SERVICES

### Telephone counseling

Outpatient services and telephone counseling are available to mothers with questions or concerns about breastfeeding, whether or not they have given birth at The Mother Baby Center. For information or counseling over the telephone, please call 651-241-6250. There is no fee for telephone consultations. A lactation consultant will return the call and help to answer your questions and provide you with information.

Education, information and considerate, personal attention are the framework for our approach to the care of mothers and babies.

The Breastfeeding Resource Center Staff



## Clinic Appointments

If a breastfeeding problem isn't easily resolved over the phone, an appointment can be arranged for mothers to bring their babies to the clinic at the Breastfeeding Resource Center for more personal help and assessment. The clinic is open Monday through Friday during regular business hours.

The Breast feeding Resource Center  
345 Smith Avenue North, St. Paul MN 55102

Clinic appointments are scheduled to coincide with the baby's feeding and need to be prearranged. Please call 651-241-6250 to schedule an appointment. There is a charge for clinic visits. Fees are usually covered by your health insurance provider. If you have concerns about insurance coverage, check with your provider and the Breastfeeding Resource Center staff. Families who have utilized the Breastfeeding Resource Center's outpatient clinic tell us the reassurance and education they received was invaluable. Even when breastfeeding is going well, receiving assessment and one-on-one teaching helps reinforce what they have learned and prepares them for the many changes ahead, as they learn to nourish and nurture their infants through the first year and beyond.

## WHY VISIT THE BREASTFEEDING RESOURCE CENTER?

- monitor baby's weight gain in the early weeks
- continue teaching begun in the hospital
- practice optimal latch and positioning
- prevent or treat nipple pain
- help baby learn to suck and feed effectively
- helping baby with special needs, such as prematurity
- nursing multiples

- bring baby back to breast if he has begun to prefer the bottle
- nursing an adopted baby
- beginning to breastfeed again after temporary weaning

During the visit, the Resource Center staff will take a history of the mother and baby, observe the baby during a feeding, determine possible causes of difficulty, and offer options from which the mother can choose to help solve the problems she and her baby are experiencing.

The Breastfeeding Resource Center does not provide medical care, nor is it designed to take the place of care provided by the mother's or infant's health care provider. When a woman calls or comes to the clinic for information or help with breastfeeding concerns, the staff maintains contact with the family's health care provider(s), relaying information on breastfeeding problems and progress.

## INPATIENT SERVICES AND EDUCATION

After the birth, while mothers are still in the hospital, lactation consultants are available to help with special needs or questions about breastfeeding.

If a baby must be admitted to the Neonatal Intensive Care Unit of Children's Hospital (NICU), lactation consultants are also available to help. As employees of Children's Hospital, the NICU lactation consultants work in tandem with the staff and lactation consultants of United Hospital. After discharge, all follow-up is provided by the Breastfeeding Resource Center of United Hospital, who will work with families to help them meet their breastfeeding goals.

The Mother Baby Center parent education program provides a variety of resources for additional breastfeeding education. For all offerings, register online at [allina.com](http://allina.com) under events/classes or call the numbers below:

- **before birth:** Breastfeeding Preparation class – 1-866-904-9962.
- **before and after birth:** Baby Café offers support and assistance—for information call 651-241-5088.

## CALL THE BREASTFEEDING RESOURCE CENTER FOR:

- For information or counseling over the telephone
- To arrange an outpatient appointment for in-depth assessment and teaching.
- Interpreters are available by request.



The Breast feeding Resource Center  
345 Smith Avenue North  
St. Paul MN 55102  
651-241-6250