



BREASTFEEDING SERVICES



KAISER PERMANENTE ORANGE COUNTY Anaheim and Irvine Medical Centers are Certified Baby Friendly Hospitals

Three Pillars of Breastfeeding Success

1. Prenatal Education

Breastfeeding with Success

Breastfeeding success begins with education. The "Breastfeeding with Success" class and class booklet app covers breastfeeding positions, milk supply, avoidance & treatment of pain, pumping, milk storage, working while breastfeeding & more. This class is taught by Certified Lactation Educators & is recommended for expectant mothers & anyone who will be supporting her after the baby is born. Fathers & grandmothers are welcome & encouraged to attend.

Register in the second trimester of pregnancy & plan to attend 4-6 weeks before your baby is due. No Fee.

To register call the Appointment Center at 1-888-988-2800

2. Skin-to-Skin Bonding

G.I.F.T.

The American Academy of Pediatrics states "healthy infants should be placed & remain in direct skin-to-skin contact with their mothers immediately after birth until the first feeding is accomplished."

Kaiser Permanente Orange County is proud to offer **Giving Intimate Family Time** as a standard practice for healthy newborns & their parents. Research shows that newborns who spend their first hours bonding skin-to-skin at their mother's breast are more likely to experience successful, long term breastfeeding. Frequent skin-to-skin throughout the newborn period contact supports breastfeeding.

3. Support after Birth

All KPOC hospital mother-baby nurses are trained **Lactation Specialists**. Our **IBCLCs** are also available for more complicated situations.

Breastfeeding assistance after you go home:

The M.I.L.C. Clinic

Mothers ~ Infants Lactation Clinic

The M.I.L.C. Clinic is staffed by International Board Certified Lactation Consultants (IBCLC), health care professionals who specialize in the clinical management of breastfeeding. By appointment only.

Mother Baby Café

Breastfeeding/New Mother Support Group

The Mother Baby Café is facilitated by a lactation specialist, this group discusses breastfeeding and other parenting topics. Walk-in, no appointment needed, no fee. Running late? It's ok! We understand how difficult it can be to get out of the house with a new baby.

For dates, times and more info:

https://kpwomenhealth.org/new_mother_and_newborn_support.asp

CERTIFIED



The M.I.L.C. Clinic

Mothers ~ **I**nfants **L**actation **C**linic
Kaiser Permanente Orange County

Appointments & Messages

Anaheim

714-644-5604

Anaheim Medical Office 2

3430 E La Palma, Anaheim, 92808

Irvine

949-932-5892

Irvine Medical Office 1

6670 Alton Parkway, Irvine, 92618

Reasons to make an appointment:

- *Sore, red nipples
- *Baby will not latch on
- *Baby isn't satisfied after nursing for an hour
- *Baby's weight gain is slow after 4-5 days
- *Baby is sleepy & won't wake to feed regularly after 24 hours
- *Baby was in the NICU

KP So CA Lactation Services

Bellflower 562-461-6614

Woodland Hills 818-719-2826

Riverside 909-352-7070

Anaheim Medical Center

Medical Office 2

3430 E LaPalma

Anaheim, CA. 92808

714-644-2708

Irvine Medical Center

Medical Office 2

6650 Alton Parkway,

Irvine, CA 92618

949-932-2707

For more information on Kaiser Permanente breast pump benefits and services visit:

<https://kpwomenshealth.org/breastfeeding.asp>

The Value of Breastfeeding

Value to Baby:

- Bonding & attachment
- Decreased risk of SIDS
- Increased antibodies
- Decreased infections (digestion & lung)
- Decreased colds & ear infections
- Higher IQ
- Less obesity
- Less diabetes & high blood pressure
- Reduced risk for eczema
- Less constipation, diarrhea & gluten intolerance
- Lower cholesterol later in life
- Less childhood cancers
- Less multiple sclerosis

Value to Mother:

- Bonding & attachment
- Speeds weight loss
- Quicker recovery from birth
- Lower risk of breast & ovarian cancer
- Lower risk of heart disease and diabetes
- Less osteoporosis

Value to Father & Family:

- Healthier mother & baby
- Decreased employment absenteeism
- Less offensive smelling diapers
- Breastmilk is FREE!

Value to the Environment:

- Less overgrazing of land by cattle, chemical fertilizers to grow soy, packaging, water & fuel, bottles, nipples, cans, accessories, cartons, etc.