

Welcome to Mercy Medical Center Lactation Services

Breast feeding for the first six months of a child's life ranks among the most effective interventions for improving a child's health. Mercy Medical Center Redding is proud to offer international board certified lactation consultants and counselors to support new mothers as they begin their breast feeding experience. Breast feeding counseling improves breast feeding practices, initiation and duration.



On behalf of our caring and dedicated health care team, welcome to our Medical Center. Thank you for the opportunity of caring for you and your loved one.



We accept and bill all insurances.

If you receive a bill and have questions regarding or paying your bill, please contact financial counseling at 530-225-6312.


Appointment Date

Time

With

Mercy Breast Feeding Center
1900 Railroad Ave.
Redding, CA 96001
Phone (530) 225-7485
Fax (530) 242-5319

View your baby at redding.mercy.org/babies

**Mercy Medical Center Redding**
Mercy Maternity Center
A member of CHW

Mercy Maternity Clinic | Sweet Success
Breastfeeding Support and Resource Center



Our Mission

Mercy Medical Center Redding is committed to furthering the healing ministry of Jesus. Our mission is to deliver compassionate, high-quality, affordable health services; provide direct services to our sisters and brothers who are poor and disenfranchised and to advocate on their behalf; and partner with others in the community to improve the quality of life.

To learn more about the varied services offered by our Medical Center, log onto www.mercy.org or call (530) 24-MERCY for more information

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www.mercy.org
530.225.6000

LACTATION SERVICES

Dedicated to giving you
and your baby the best start



About Lactation Services

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the longer you breast-fed your baby, the better for both of you

Breast feeding Benefits

Breast Milk:

- Is unique and free
- Is environmentally friendly – no bottles, no mixing
- Is cost effective, no waste (“green”)

For Baby:

- Promotes brain and body growth and higher IQ
- Changes to meet your baby’s specific needs as he or she grows
- Healthy teething, reduces the need for braces
- Healthier = fewer doctor visits = less work missed



Breast-fed babies have a decreased chance of developing:

- Respiratory and ear infections
- Allergies and asthma
- Urinary tract infections
- Diarrhea, gastrointestinal reflux and infections
- Bacterial meningitis
- Juvenile rheumatoid arthritis
- SIDS
- Childhood lymphomas such as Hodgkin’s disease and Leukemia
- Diabetes, heart disease and obesity later in life

For Mom:

- Burns calories, helping in weight loss after pregnancy
- The hormone prolactin promotes bonding and has a relaxing effect on mother



Breast feeding decreases a mother’s chance of developing:

- Pre-menopausal breast cancer
- Cervical/ovarian cancer
- Osteoporosis
- Anemia
- Urinary tract infections

Breast feeding Support at Mercy

Prenatal breast feeding classes:

- Free - available each month
- Please call 530-245-3729 or register online at redding.mercy.org to reserve your spot

Phone Support:

- Please call 530-225-7485 with any questions, concerns, issues or problems you may have about breast feeding
- A lactation consultant or counselor will return your call within 24-hours

While you are in the hospital:

- The nursing staff is available to assist, educate and encourage
- As needed, a Specialized-Registered Nurse Lactation Consultant/Counselor is available to assist with difficulties

After going home - Outpatient Appointments are available:

- Call 530-225-7485 to set up an appointment
- Meet one-on-one with a Registered Nurse who is an Internationally Board Certified Lactation Consultant

What to expect at your outpatient appointment, the consultant will:

- Take a brief history of you and your baby-related to pregnancy and labor and delivery
- Discuss your breast feeding experience past and present
- Weigh your baby before and after feeding to calculate intake
- Assess latch on and milk supply
- Answer all your breast feeding questions and concerns
- Provide recommendations to ensure ongoing breast feeding success
- Communicate with your doctor, and/or the baby’s doctor as needed
- Provide continued phone support as long as needed



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Life is sweet. Wonderful care is a blessing.