

BABIES WERE BORN TO BREASTFEED!

Breastfeeding strengthens our children, our communities and our future. Breastfeeding also helps both mom and baby avoid many health problems.

Breastfeeding is one of the most natural and beneficial activities for mom and baby. There is no other SINGLE action by which mom can so dramatically impact the present and future health of her baby.

BREASTFEEDING IS BEST!

No formula can duplicate the unique properties of breastmilk, no matter how many vitamins, minerals and supplements are added to what is basically a chemical formulation.

Breastmilk is the one and only natural, complete and complex food for infants. Just as importantly, breastfeeding promotes an exceptional bond between mom and baby that ONLY mom can provide.

The American Academy of Pediatrics has stated that human milk is the preferred feeding for ALL infants, including premature and sick newborns, with rare exceptions. In addition, they state that babies should be exclusively breastfed for the first 6 months and ideally, breastfeeding should continue for the first 12 months of life.



East Alabama
Medical Center
Lactation Center
Phone (334) 528-3709
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Lactation Services

At East Alabama
Medical Center



*BETTER BREASTFED
BABIES*

WHO WE ARE

Cheryl Adams BSN, RN, ICCE, IBCLC

Cheryl is an experienced maternal child nurse with over 25 years experience in all areas of Maternal Child nursing and 10 years as a Board Certified Lactation Consultant. In addition, she has a vast background in Retail Lactation Products and Parent Education; no question too small, no problem too big.

Angela Hamby BSN, RN, IBCLC

Angela has over 25 years experience in working with new moms and is the mother of 6. She is also a Board Certified Lactation Consultant. Her wealth of knowledge and experience will help you and your baby off to a good start.

Laura Bell BSN, RN, CBE

Laura is an experienced Maternal Child nurse with additional Certification in Lactation. Laura is also on staff in the EAMC nursery and attends well and sick newborns.

Holly Dean RN, CBE

Holly is also on staff in the Nursery at EAMC and Certified in Lactation. She stays busy mothering her own 5 children and brings a lot of wisdom to her work.

Sarah Webster RN

Sarah is on Staff on the Mother Baby unit at EAMC and works in the Lactation Center. She is in school working on her Bachelors in Nursing degree and Lactation Certification.

RETAIL PRODUCTS

The Lactation Center at East Alabama Medical Center carries a growing list of Retail Breastfeeding Products. We carry Medela brand Breastpumps and have competitive pricing. In addition, Pumping Accessories and Supplies, Breast Comfort Items, and some Baby Products. We do not rent pumps but do have all of the "spare parts" needed to keep your pump in good working order.

All items are available for purchase during in-patient stay, out-patient visits, Support Group or by appointment. Get the Products you need, when you need them!

We accept VISA, MC, AMEX, Debit or cash.

BREASTFEEDING ... THE GIFT OF LIFE

If you feel unsure or nervous about breastfeeding your baby, talk to your doctor or call the Lactation Consultants at East Alabama Medical Center today! Trust that you can grow a healthy baby AND also feed your baby too! Don't settle for second best ... breast is best!!!

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OUR SERVICES

In-patient Breastfeeding Support We will visit you every day in your room to help you and your baby off to a good start. If you were not able to attend our breastfeeding class, you may wish to view educational videos and DVD's on breastfeeding and newborn care during your stay.

Out-patient Lactation Clinic You will be offered a free visit with us to evaluate you and your baby's progress. These appointments are usually 2 to 4 days after discharge. We will assess your baby, weigh him/her and screen for newborn jaundice. If you are experiencing challenges, a further visit may be offered.

Telephone Support The Lactation Office has a 24 hour phone line for telephone support. You may leave a message for us at any time as we check messages frequently. Other contact phone numbers will be provided to you during your hospital stay.

Breastfeeding Support Group This new mom's group meets every Thursday from noon to 2 pm in the Dayroom on the Mother Baby unit. It's a great time to meet other new mom's and talk to the Lactation Consultants.

Breastfeeding Class This two hour class covers the basics of Breastfeeding, getting off to a good start and supplies a new mom might want. There is currently no charge for this class. Plan to attend with your support person. Call 528-1260 to register.

