

## Breastfeeding Support Groups

Breast feeding is natural for you and your baby, but it is a skill that needs to be learned. Speak up and ask questions about breastfeeding before your baby is born and while you are in the hospital. This will help you continue to breastfeed after you go home.

**St. Mary's Hospital:** The Breast Feeding Basics class is offered by the Parents-To-Be Program staff at St. Mary's Hospital Health Connections. Breast feeding education and support are also provided in the Hospital after delivery. After discharge to home, mothers can continue to receive breast feeding assistance with a Lactation Consultant by phone and through a support group that meets at the Health Connections office near the hospital. Private consultation is also available- there is a fee charged for private consultation. Breast pumps can be rented or purchased through Health Connections. Please call 301-475-6019 for more information.

**Calvert Memorial Hospital:** The ABCs of Breast Feeding class is offered by the staff of Nurturing Necessities. Breast feeding education and support are also provided in the hospital after delivery. After discharge to home, mothers can continue to receive breast feeding assistance with a Lactation Consultant by phone or through a support group sponsored by Nurturing Necessities. Private consultation is also available –there is a fee charge for private consultation. Breast pumps can be rented or purchased through Nurturing Necessities. Please call 410-414-5414 for more information.

**Walter Reed National Military Medical Center Bethesda, Maryland:** Mothers attend a new OB orientation program and are given a prenatal folder with breast feeding literature and class schedule. A Lactation Consultant is available in the hospital after delivery and by phone after discharge. After discharge to home, please call the Pediatric Clinic at 301-295-4941 for breast feeding support.

**Andrews Air Force Base Malcolm Grow Medical Center Women's Health Center:** Mothers attend a new OB orientation program and are given a prenatal folder with breast feeding literature and class schedule. Delivery will take place at Southern Maryland Hospital in Clinton, Maryland. A Lactation Consultant is available in the hospital after delivery. After discharge to home, the Women's Health Center Malcolm Grow Medical Center can assist with additional breast feeding support. Please call 240-857-2979..

**New Parent Support at the Fleet and Family Support Center NAS Patuxent River:** Lolita Tyler-Lockett RN, New Parent Support, can assist with breast feeding education and support. Please call her at 301-757-1862.

\*\*There are a limited number of Madela Lactina electric breast pumps available for loan from New Parent Support NAS Patuxent River. Please contact Lolita Tyler-Lockett RN at 301-757-1862 for more information.