

We want you to have a happy, healthy baby and a good breastfeeding experience.

Breastfeeding support and lactation services are available at Johnson Memorial Health

Pregnant or new mothers may benefit from the services of our lactation consultant if they have:

- History of breast surgery
- Minimal or no breast changes during pregnancy
- History of low milk supply
- Breast or nipple pain
- Engorgement
- Anxiety regarding lactation and breastfeeding
- Marked breast or nipple asymmetry
- Concerned about pumping

Infants may benefit from lactation consultant services if they are:

- Persistently having difficulty latching
- Experiencing inadequate diapers for baby's age
- Fretful at breast (squirming, crying, pulling off breast)
- Experiencing Inadequate weight gain

Lactation Services

Lactation Services are available free of charge.

Call **317.736.2698** to discuss your concerns. Private appointments are available.



Breastfeeding Support Group

A certified lactation specialist will lead each meeting to offer support on all aspects of breastfeeding and infant weight checks.

Come and share your experiences and concerns among other moms in a relaxed setting.

**Meets 1 - 2 pm every Wednesday at Johnson Memorial Health
1125 W Jefferson St., 1159 Building
Third Floor, 1159-3B**

No registration required and is open to breastfeeding mothers and babies of any age. Siblings are welcome.

Contact Amanda Ennis, RN, CLC, CLS at 317.736.2698 if you have any questions.



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Great care starts here.